



Weekly Character Challenge

DRIVE

demonstrates initiative ▪ passionate ▪ results-oriented ▪ strives for excellence ▪ vigorous

strives for excellence, has a strong desire to succeed, tackles problems with a sense of urgency, approaches challenges with energy and passion

MORNING

AFTERNOON

M

Set yourself a [SMART goal](#) for the day (i.e., Specific, Measurable, Attainable, Relevant, Time-Bound). At the end of the day, record which aspects of it were achieved. What did you learn about making progress towards your goals?

Think of something you wish a friend, family member, or co-worker would do... and make it happen yourself! Some examples might be planning a fun event, striking up a conversation, or implementing a change.

T

Have you thought about where you see your career in the future? Take a moment to visualize, then describe where you see yourself in the next 3, 5, and 10 years.

Think about a task at work that you don't think serves any purpose. See if you can frame it in a way that serves your professional or personal goals. This will help you approach the task with more urgency and drive.

W

Vigor is about bringing a sustained energy and vitality to work. Think about the days and times when you feel less motivated. Take a five-minute break during those times to do something that energizes you (i.e., make a coffee, chat with a co-worker, do a few flights of stairs, or listen to your favorite music while checking emails).

Pick a book you've always wanted to read. Set yourself a goal for when you want to have it done. Do the math on how many pages you need to read each day to get there and schedule some time each day to read. Then go for it!

T

When creating a to-do list for your work today, schedule time to work on your most important priorities at the time of day when you feel like you have the most energy.

Ask a friend, family member, or co-worker for feedback on a recent activity (e.g., how did you feel about this conversation we had?). Ask them what you did well, and how you can improve. Strive for excellence! The next time you do a similar activity with that person, ask them if they've noticed an improvement.

F

To keep the momentum going until the end of the week, pick a small task you've been putting off and try working on it using the [Pomodoro Technique](#) (i.e., spending 25-30 minutes of uninterrupted time focused on that task).

Passionate people are excited about life. Try to build this energy into your daily routine. Write down at least three things you're looking forward to each day (Note: Things don't have to be big to be exciting, they could be as small as going for a walk on your lunch break or calling a good friend on your way home).