



Weekly Character Challenge

TRANSCENDENCE

appreciative ▪ creative ▪ future-oriented ▪ inspired ▪ optimistic ▪ purposive

draws inspiration from excellence or appreciation of beauty in such areas as sports, music, arts, and design; sees possibility where others cannot; has a very expansive view of things both in terms of taking into account the long-term and broad factors; demonstrates a sense of purpose in life

MORNING

M

This week, write down three things that make you smile each day.

T

Protect time to think about not only your immediate tasks and goals, but also your goals for this quarter and what you'd like to accomplish this year and the next. What obstacles will you face, and how will you continue to make progress? If you're in a leadership role, make sure to share what's on the horizon with others, and help them see how their work connects to the big picture.

W

Think back on a negative experience you had. Write down what you learned about yourself and others, what you're grateful for, and at least one good thing that came out of the situation.

T

Stay up-to-date with current events and trends in your industry. Skim a magazine article, see what's being shared on LinkedIn or Twitter, or read a newsletter from an industry leader. Focus on big picture developments in your field. Appreciating innovative ideas will enhance your work.

F

Where do you see yourself in 5, 10, and 30 years? Write down what your future self's strengths, hobbies, and accomplishments will be. Think about how you are going to get there and set 1-3 goals.

AFTERNOON

Pick a theme for one day this week. Match your outfit, meals, and activities to the theme. Themes can be abstract, like "try something new," timely, like "1980s," or geographical, like "sunny resort." Be creative, invite a friend to participate with you, and have fun!

Take a moment to write down your thoughts and emotions when you feel overwhelmed. Then, take a walk, in nature if possible. A change of scenery can be restorative, spur new insights, and provide a sense of perspective. Afterwards, check in with your thoughts about the issue and see if anything has changed. What did you find? Is this a practice you'd like to continue?

Think of someone who has been a role model in your life. Reach out to them and let them know how they have been an inspiration to you. If appropriate, try to do something in their honor. For example, if you were inspired by someone who always had an open door and welcomed you into their family, try inviting your neighbor or a co-worker over for dinner.

Think about a recent piece of media that you listened to, watched, or read. What takeaways from it have stuck with you? Can these takeaways be applied to your work or life in some way?

If you're facing a difficult problem at work, consider two possibilities or opportunities stemming from the issue that make you feel optimistic for the future.