



23 PILLARS OF CHARACTER

HUMILITY is the quality of being modest, reverential, even politely submissive, and never being arrogant, contemptuous, rude or even self-abasing.

INTEGRITY is a concept of consistency of actions, values, methods, measures, principles, expectations, and outcomes. Integrity is regarded as the honesty and truthfulness of one's actions. Integrity can be regarded as the opposite of hypocrisy, in that it regards internal consistency as a virtue, and suggests that parties holding apparently conflicting values should account for the discrepancy or alter their beliefs.

ACCOUNTABILITY is the acknowledgment and assumption of responsibility for actions, products, decisions, and policies including the administration, governance, and implementation within the scope of the role or employment position and encompassing the obligation to report, explain and be answerable for resulting consequences.

RESPECT includes taking someone's feelings, needs, thoughts, ideas, wishes and preferences into consideration. Giving someone respect includes acknowledging them, listening to them, being truthful with them, and accepting their individuality and idiosyncrasies. Respect can be shown through behavior and it can also be felt.

SPORTSMANSHIP is the “golden rule” of sports — in other words, treating the people you play with and against as you’d like to be treated yourself. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials.

SAFETY is the condition of being protected against the consequences of failure, damage, error, accidents, harm or any other event which could be considered non-desirable.

GOAL SETTING involves establishing specific, measurable and time-targeted objectives. Goals perceived as realistic are more effective in changing behavior. Goals provide a sense of direction and purpose.