



CHARACTER. KNOW IT.  
BUILD IT. STRENGTHEN IT.

## Strengthening America's National Character

Each individual possesses a unique combination of strengths, values, and passions. These make us who we are. To become the best versions of ourselves we have to:

- Look Inward – Identify your personal **character strengths**
- Look Outward – Use your strengths to **serve others**

## What are Character Strengths?

Positive Psychology research tells us that there are 24 unique attributes that—when activated—increase well being and create positive outcomes for others. These 24 strengths have intrinsic value to human beings, regardless of culture, era, and geography.

APPRECIATION OF BEAUTY	FAIRNESS	HUMILITY	KINDNESS	PERSEVERANCE	SOCIAL INTELLIGENCE
COURAGE	FORGIVENESS	HUMOR	LEADERSHIP	PERSPECTIVE	SPIRITUALITY
CREATIVITY	GRATITUDE	INTEGRITY	LOVE	PRUDENCE	TEAMWORK
CURIOSITY	HOPE	JUDGMENT	LOVE OF LEARNING	SELF-REGULATION	ZEST



INSPIRED BY  
5 SIMPLE WORDS

“IF NOT ME, THEN WHO...”

#### How does TMF develop Character?

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TMF empowers veterans and families of the fallen to develop character in future generations. Our curriculum is grounded in the field of Positive Psychology, which provides evidence-based practices for effectively developing character. TMF trains and supports Spartan members to develop character, unite communities, and put character into action. By leveraging our military community, we highlight some of our nation's best examples of character, leadership, and service.



#### Why is this important?

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Developing character is critical to both individuals and communities at large. Research shows that leveraging our character strengths leads to higher states of overall well-being. When we employ our strengths, we find more meaning and purpose, establish stronger relationships with others, and are more engaged both personally and professionally. Collectively, this leads to stronger and more unified communities. With recent signs of division in our country, TMF is strengthening America's national character.



“If Not Me, Then Who...”

[travismanion.org](http://travismanion.org)





## CREATIVITY

IMAGINING NEW AND UNIQUE WAYS  
OF THINKING OR DOING THINGS

## CURIOSITY

BEING OPEN TO EXPERIENCE  
AND KNOWLEDGE

## JUDGMENT

EXAMINING ALL SIDES OF AN ISSUE  
BEFORE MAKING A DECISION

## PERSPECTIVE

HAVING A THOUGHTFUL POINT OF VIEW  
THAT OTHERS SEEK OUT

## COURAGE

STANDING FIRM IN A PERSONAL  
VALUE, DESPITE OPPOSITION

## PERSEVERANCE

FINISHING WHAT YOU START, DESPITE  
OBSTACLES AND SETBACKS

## SOCIAL INTELLIGENCE

UNDERSTANDING WHAT MAKES  
OTHER PEOPLE TICK

## LOVE OF LEARNING

ALWAYS ADDING TO ONE'S  
KNOWLEDGE AND SKILLS

## ZEST

APPROACHING LIFE AS AN ADVENTURE,  
WITH GREAT ENTHUSIASM

## LOVE

VALUING INDIVIDUAL RELATIONSHIPS  
WITH OTHERS

## INTEGRITY

BEING GENUINE AND TAKING RESPONSIBILITY  
FOR ONE'S ACTIONS

## FAIRNESS

PROMOTING JUSTICE AND EQUALITY

## TEAMWORK

COOPERATING WITH OTHERS  
TOWARD A COMMON GOAL

## KINDNESS

TAKING CARE OF OTHERS; BEING CARING,  
GENEROUS, AND CONSIDERATE

## LEADERSHIP

MOTIVATING A GROUP TO ACHIEVE  
A GOAL

## FORGIVENESS

BEING ACCEPTING OF PEOPLE'S  
FAULTS OR MISTAKES

## HUMILITY

BEING MODEST ABOUT ONE'S OWN  
ACCOMPLISHMENTS

## PRUDENCE

CONSIDERING OUTCOMES AND RISKS  
CAREFULLY BEFORE ACTING OR SPEAKING

## SELF-REGULATION

BEING MINDFUL OF AND RESPONSIBLE FOR  
ONE'S EMOTIONS AND ACTIONS

## APPRECIATION OF BEAUTY

DRAWING INSPIRATION FROM BEAUTY  
AND EXCELLENCE

## GRATITUDE

BEING THANKFUL FOR GOOD  
THINGS IN LIFE

## HOPE

EXPECTING THE BEST AND WORKING  
TOWARD IT

## SPIRITUALITY

BELIEVING IN ONE'S PURPOSE IN LIFE  
AND PLACE IN THE UNIVERSE

## HUMOR

ENJOYING MAKING OTHERS SMILE OR LAUGH