



Activity 4: Explore the Character Traits Model

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As you think about your understanding of the Character Traits Model, answer the questions to explore to the right.

Character Traits

Which traits do I want to strengthen?

The OCEAN Model



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Character Traits

Which traits do I want to strengthen?

The OCEAN Model

- O OPENNESS**
Embraces new perspectives
- C CONSCIENTIOUSNESS**
Demonstrates responsibility & self-discipline
- E EXTROVERSION**
Engages with energy & connection
- A AGREEABLENESS**
Fosters cooperation & respect for others
- N NEUROTICISM (ANXIETY-BASED)**
Displays emotional qualities & attributes



Questions to Explore

1. How does it help you to know that there is a model describing character traits?
2. What resonates most with you about the Character Traits Model given your own experience?
3. How does the Character Traits Model help you explore and identify character traits to strengthen?
4. What's your major learning or insight from this activity?