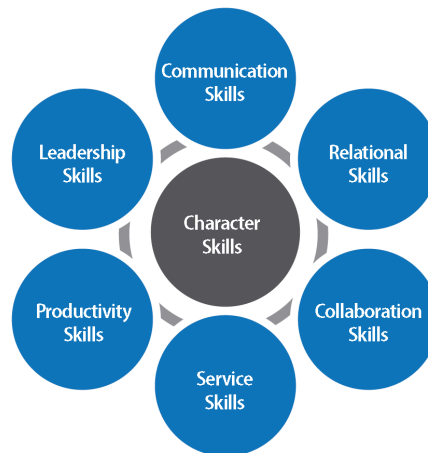


# 7 Essential Life Skills

## Part 1 – Character Skills

*Accelerating Excellence with Del Gilbert*

Podcast Episode #63 - Resource Guide



**Character Skills** are the foundation by which a strong life is built. No building can exceed the capacity of its foundation.

### 10 CHARACTER QUALITIES

**1. Integrity**

Integrity is being solid on the inside. Being the same person privately that you are publicly.

**2. Personal Responsibility**

Personal responsibility is taking the steering wheel of your life and forging a great life for yourself and others.

**3. Optimism**

Optimism is looking at the upside of situations. Optimism gives motivation, persistence, and hope.

**4. Discipline**

Discipline is doing what you know you should do whether you feel like it or not. Discipline is sacrificing what you want now for what you want most.

**5. Grit**

Grit is the ability to stick with something despite setbacks and obstacles. Grit is working through hard things.

**6. Kindness**

Kindness is love in action. Kind people are patient and thoughtful. Kind people exercise grace and forgive easily.

**7. Resilience**

Resilience is the ability to turn negative experiences into positive outcomes. It's bouncing back strong from adversity.

**8. Humility**

Humble people don't think less of themselves; they just think of themselves less. They are not self-important.

**9. Confidence**

Confident people have a strong self-belief. They expect positive outcomes.

**10. Generosity**

Generous people delight in sharing their time, talent, and treasure for the benefit of others.