



THE SCIENCE OF CHARACTER DISCUSSION GUIDE AGES 4-9*

If you haven't watched the 8 minute film *The Science of Character*, you can watch it [here](#). Then dive in:

*Please feel free to tailor the language as appropriate for each age group.

1. Take a look at the "periodic table of character strengths" at the bottom of this document. What are three character strengths that you have?
1. How can you use these strengths to make the world a better place?
1. What are three character strengths you'd like to develop? What are some things you can do to develop those three character strengths?
1. *The Science of Character* describes character strengths as being like super powers. Pick your favorite superhero. Why is that hero your favorite? What character strengths do they have?
1. If you were a superhero, what would your super-character strengths be?
1. Draw the superhero you!

1. Now think about real people. Who do you admire most in the world? And what are the character strengths you admire in them?
1. Draw a pie chart of the *character* strengths that you're made of. Which strength is the biggest slice? Which is the smallest?
1. Nobody's perfect. Sometimes it's good to mess up, because that's how we learn and improve. Think about a time you really messed up. What did you learn?
1. The film ends by asking you to complete this sentence: I want to be _____ . Which strengths do you want to have?

SOC [FOLLOW UP DISCUSSION GUIDE AGES 4-9*](#): CHECK-IN

A little while ago, you watched *The Science of Character*. Let's check back in and see what's changed for you since then.

*Please feel free to tailor the language as appropriate for each age group.

1. The film talks about paying attention to the things in your life that are going well. What's gone well for you recently?
2. Now let's talk about things going wrong. The film shows that failure isn't always a bad thing; it can help us learn and improve. Think of something that didn't go how you hoped it would in the past month. Can you think of a way that might turn into a good thing?
3. We get even stronger when we help others strengthen their character too. In the past month, have you done anything to help others be stronger? What was it?
4. Take a look at the "Periodic Table of Character Strengths" below. In the past month, has your own personal periodic table of character strengths changed? Have any character strengths gotten stronger or weaker?

SOC [FOLLOW UP DISCUSSION GUIDE AGES 4-9*](#): CHECK-OUT

Time for a wrap-up. These questions will help you think about how your own character has developed this year.

*Please feel free to tailor the language as appropriate for each age group.

1. What did you do in the past year that you're most proud of?
1. What character strengths did you use to accomplish this?
1. What's your biggest goal for next year?
1. What character strengths will help you achieve it?

SOC DISCUSSION GUIDE AGES 10-14

If you haven't watched the 8 minute film *The Science of Character*, you can [watch it here](#). Then dive in:

*Please feel free to tailor the language as appropriate for each age group.

1. Take a look at the periodic table of character strengths at the end of this document. What are your four strongest character strengths?
2. How can you use them to improve your life? How can you use them to improve your community?
3. Now look back at the table of character strengths. What are three character strengths you'd like to develop?
4. Pick one of the strengths you want to develop. What's something you could do right now to bring more of that strength into your life?

5. The movie describes character strengths as being like super powers. Pick your favorite superhero. Why is this hero your favorite? What character strength do they represent?
6. Now think about real people. Who do you admire most in the world? And what are the character strengths you admire in them?
7. Different cultures value different character strengths. What are the most valued character strengths in your culture?
8. What character strengths are valued most at your school? Are these the same as the character strengths most valued in your home, or are they different?
9. The film describes a fixed mindset (when you think you can't change who you are) and a growth mindset (when you believe you can change and improve things about yourself). Is there an area in your life that you have a fixed mindset about, like "I'm no good at sports," or "I just can't do math"? Can you think of a way you can use your character strengths to improve in that area?
10. If our character strengths and abilities aren't fixed, that means anything is possible. Think really, really big: If you could achieve *anything*, what would you do?
11. Think about a time when you failed. What happened? How did you feel about it at the time, and how do you feel about it now?
12. As the film mentions, failing can be a good thing—we learn by failing. Think of an activity you might fail at the first time but want to try anyway: snowboarding, skateboarding, singing, a dance class. What would it be? What could you learn by failing?
13. The film ends asking by you to complete this sentence: I want to be _____ . What do you want to be? What character strengths will help you achieve that, and how will you use them?

A little while ago, you watched *The Science of Character*. Let's check back in and see what's changed for you since then.

*Please feel free to tailor the language as appropriate for each age group.

1. *The Science of Character* talks about paying attention to the things in your life that are going well. What's gone well for you recently?
2. Now let's talk about things going wrong. The film shows that failure isn't always a bad thing; with a growth mindset, it can help us learn and improve. Think of something that didn't go how you hoped it would in the past few months. Can you think of a way it might lead to a success?
 3. We get even stronger when we help others strengthen their character too. In the past month, have you done anything to help others be strengthen their character? What was it?
 4. Take a look at the "Periodic Table of Character Strengths" below. In the past month, has your own personal periodic table of character strengths changed? Have any character strengths gotten stronger or weaker?
 5. Pick a character strength from the Periodic Table that you want to work on. What can you do in the next month to make it stronger?

SOC [FOLLOW UP DISCUSSION GUIDE AGES 10-14: CHECK-OUT](#)

Time for a wrap-up. These questions will help you think about how your own character has developed this year.

*Please feel free to tailor the language as appropriate for each age group.

1. What did you do in the past year that you're most proud of?
2. What character strengths did you use to accomplish this?
3. What's your biggest goal for next year?

4. What character strengths will help you achieve it?

SOC DISCUSSION GUIDE AGES 15-18

If you haven't watched the 8 minute film *The Science of Character*, you can [watch it here](#). Then dive in:

*Please feel free to tailor the language as appropriate for each age group.

1. Take a look at the periodic table of character strengths at the end of this document. What are your five strongest character strengths?

2. Notice where your strengths lie. Are they all in one particular area (in, say, the Wisdom or Courage column) or are they spread out? What do you make of that?

3. How can you use your character strengths to improve your life? How can you use them to improve your community?

4. Now expand the list of your character strengths to twelve and make a pie chart out of them. Which character strength is your biggest slice? Which is the smallest?

5. The science behind character development shows two things: First, you should focus on the strengths you have, and second, develop the strengths you'd like to have. With that in mind, look back at the table of character strengths. What are three character strengths you'd like to develop?

6. What are some steps you can take to develop those three character strengths?

7. Different cultures value different character strengths. What are the most valued character strengths in your culture?

8. What character strengths are valued most at your school? Are these the same as the character strengths most valued in your home, or are they different?

9. Who do you admire most in the world? And what are the character strengths you admire in them?

10. As the film notes, working on our character strengths has been important since ancient times. Can you think of any myths that illustrate the importance of a particular character strength?

11. What character strengths do you think are important in the digital age? Can you think of something you or someone else posted online that demonstrated a particular character strength?

12. The film quotes a statement Frank Outlaw made in 1977:

“Watch your thoughts, they become words;
watch your words, they become actions;
watch your actions, they become habits;
watch your habits, they become character;
watch your character, it becomes your destiny.”

How would you update that today?

Watch your texts, they become _____

Watch your tweets, they become _____

Watch your Instagrams, they become _____

Watch your comments, they become _____

Watch your Facebook posts, they become _____

13. Given that the Internet allows a lot of anonymity, and permits people to try on different personas, what happens to our character when we're online? Do our character strengths remain constant?

14. The film describes a fixed mindset (when you think you can't change who you are) and a growth mindset (when you believe you can change and improve things about yourself). Is there an area in your life that you have a fixed mindset about, like "I'm no good at sports," or "I just can't do math"? Can you think of a way you can use your character strengths to improve in that area?

15. The film discusses the ways you can develop your character strengths in your day-to-day life. Can you think of some ways you can develop your character strengths in your online life?

16. Think about a time when you failed. What happened? How did you feel about it at the time, and how do you feel about it now?

17. As the film mentions, failure can be a good thing—we learn by failing. Think of an activity you might fail at the first time but want to try anyway: snowboarding, public speaking, a dance class. What would it be? What could you learn by failing?

18. If our character strengths and our abilities aren't fixed, that means we could, potentially, achieve just about anything. Think really, really big: If you could achieve *anything*, what would you do?

19. The film suggests we can affect other people's character strengths, too. Do you agree? Can character be contagious? How?

20. FAIL and EPIC FAIL have become Internet memes. How is failing on the Internet different from failing in real life? Can you learn and develop character strengths from Internet fails, too?

21. The film ends by asking you to complete this sentence: I want to be _____ . What do you want to be? What character strengths will help you achieve that, and how will you use them?

SOC FOLLOW UP DISCUSSION GUIDE AGES 15-18: CHECK-IN

A little while ago, you watched *The Science of Character*. Let's check back in and see what's changed for you since then

*Please feel free to tailor the language as appropriate for each age group.

1. *The Science of Character* discusses the character strength movement and its focus on the things that are going well. What's gone well for you recently?

2. Now let's talk about things going wrong. The film shows that failure isn't always a bad thing; with a growth mindset, it can help us learn and improve. Think of something that didn't go how you hoped it would in the past few months. Can you think of a way it might lead to a success?
3. We get even stronger when we help others strengthen their character too. In the past month, have you done anything to help others be strengthen their character? What was it?
4. Take a look at the "Periodic Table of Character Strengths" below. In the past month, has your own personal periodic table of character strengths changed? Have any character strengths gotten stronger or weaker?
5. Pick a character strength from the Periodic Table that you want to work on. What can you do in the next month to make it stronger?

SOC [FOLLOW UP DISCUSSION GUIDE AGES 15-18: CHECK-OUT](#)

Time for a wrap-up. These questions will help you think about how your own character has developed this year.

*Please feel free to tailor the language as appropriate for each age group.

1. What did you do in the past year that you're most proud of?
2. What character strengths did you use to accomplish this?
3. Did you see any evidence of the growth mindset -- for example, did you need to develop new strengths and skills to achieve it?
4. What's your biggest goal for next year?
5. What character strengths will help you achieve it?

[SOC DISCUSSION GUIDE AGES 19-99+](#)

If you haven't watched the 8 minute film *The Science of Character*, you can [watch it here](#). Then dive in:

*Please feel free to tailor the language as appropriate for each age group.

1. Take a look at the periodic table of character strengths at the end of this document. What are your five strongest character strengths?
2. Notice where your strengths lie. Are they all in one particular area (in, say, the Wisdom or Courage column) or are they spread out? What do you make of that?
3. How can you use your character strengths to improve your life?
4. How can you use them to improve your community?
5. Now expand the list of your character strengths to twelve and make a pie chart out of them. Which character strength is your biggest slice? Which is the smallest?
6. The film explores two ideas around character development: First, you should focus on the strengths you have, and second, develop the strengths you'd like. With that in mind, look back at the table of character strengths. What are three character strengths you'd like to develop?
7. What are some steps you can take to develop those three character strengths?
8. What character strengths are most valued on your campus or your job? Are these similar to the character strengths valued by your family, or very different?
9. Classical philosophers like Plato and Aristotle take a more essentialist view of character: you are who you are. The more recent view argues that you are what you do. Which definition of character do you agree with?

10. A philosophical follow-up: Do you think there is such a thing as “good” people? Do “good” people occasionally do “bad” things?
12. What character strengths are most important in a digital age? How do we demonstrate and develop character strengths online?
13. Given that the Internet allows a lot of anonymity, and permits people to try on different personas, what happens to our character when we’re online? Do our character strengths remain constant?
15. The film discusses the ways you can develop your character strengths in your day-to-day life. Can you think of some ways you can develop your character strengths in your online life?
14. The film describes a fixed mindset (when you think you can’t change who you are) and a growth mindset (when you believe you can change and improve things about yourself). Is there an area in your life that you have a fixed mindset about, like “I’m not athletic,” or “I’m not creative”? Can you think of a way you can use your character strengths to improve in that area?
16. The film suggests we can affect other people’s character strengths, too. Do you agree? Can character be contagious? Can it go viral?
17. Think about a time when you failed. What happened? How did you feel about it at the time, and how do you feel about it now?
18. As the film mentions, failure can be a good thing—we learn by failing. Think of an activity you might fail at the first time but want to try anyway: snowboarding, public speaking, a dance class. What would it be? What could you learn by failing?
20. If our character strengths and our abilities aren’t fixed, that means we could, potentially, achieve just about anything. Think really, really big: If you could achieve *anything*, what would you do?

22. The film ends by asking you to complete this sentence: I want to be _____ . What do you want to be? What character strengths will help you achieve that, and how will you use them?

SOC FOLLOW UP DISCUSSION GUIDE AGES 19-99+: CHECK-IN

A little while ago, you watched *The Science of Character*. Let's check back in and see what's changed for you since then.

*Please feel free to tailor the language as appropriate for each age group.

1. Have your views on the meaning and importance of character changed at all?
1. *The Science of Character* talks about the character strength movement and its focus on the things that are going well. What's gone well for you recently?
3. The film argues that failure isn't always a bad thing; it can help us learn and improve. Think of something that didn't go how you hoped it would in the past few months. Can you think of a way that might turn into a good thing?
4. Take a look at the "Periodic Table of Character Strengths" below. In the past month, has your own personal periodic table of character strengths changed? Have any character strengths gotten stronger or weaker?
5. Are there any character strengths that you're starting to value more? Less?
6. Pick a character strength from the Periodic Table that you want to work on. What can you do in the next month to make it stronger?

SOC [FOLLOW UP DISCUSSION GUIDE AGES 19-99+: CHECK-OUT](#)

The journey continues, but let's stop to assess the progress you've made so far. How has your character developed this year?

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1. What did you do in the past year that you're most proud of?
2. What character strengths did you use to accomplish this?
3. Did you see any evidence of the growth mindset -- for example, did you need to develop new strengths and skills to achieve it?
4. How have your thoughts about the importance of character evolved?
5. Now let's think of the larger culture. This past year, was there a dominant character strength in society at large -- a strength, like fairness or leadership, that got more attention than usual?
6. What character strengths do you think will be increasingly important to society at large in the coming year?
7. Are there any strengths we're valuing less?
8. What's your biggest personal goal for next year?
9. What character strengths will help you achieve it?

性格科学

SOC 4至9岁*讨论指南

如果你还没观看过8分钟的《性格科学》的影片，你可以在[这里](#)观赏。然后跳入：

*欢迎自行调整用语以符合各年龄组的需要。

1. 看一看这份文件底部“性格优势的周期表”。你有哪三种性格优势呢？
1. 你如何利用这些优势让身边的世界变得更美好？
1. 你想发展哪三种性格优势？哪些东西是可以帮助你发展这三种性格优势？
1. 《性格科学》描述性格优势如同超能力。选择你喜爱的超级英雄。为什么它是你喜爱的超级英雄？他们有哪些性格优势？
1. 如果你是一位超级英雄，你的超级性格优势会是什么？
1. 把自己画成一个超级英雄！
1. 现在想一想真实的人物。谁是你世界上最敬佩的人？他们拥有哪些性格优势是你敬佩的？
1. 将你的性格优势画成一个饼分图。哪一项优势是最大份的？哪一项是最小的？
1. 没有人是完美的。有时候一些错误是好的，因为这是我们学习和进步的途径。回忆你曾经犯过的一个过错。你从中学习到了什么？

1. 影片的结尾要求你完成这个句子：我要成为_____。哪一些优势是你想拥有的？

SOC 4岁至9岁*跟进讨论指南：登入

不久前你已看过了《性格科学》。让我们一起来回顾并看看你从那时候开始有什么改变。

*欢迎自行调整用语以符合各年龄组的需要。

1. 影片说到专注在你生命里发展顺利的事情上。
你最近有什么事情是顺利进行的？
2. 让我们谈谈有关不顺利的事情上。这个影片呈现说失败不一定是不好；它可以帮助我们学习和改进。想想上个月让你不顺心的事情。你可以想到一个方法让它转变为一件好的事情吗？
3. 当我们帮助别人巩固他们的性格时，我们也变得更强大。在过去的月份，你有做过什么事情帮助别人变得更强大吗？那是什么事？
4. 看一看下面的《性格优势的周期表》。在过去的月份里，你自己个人的性格优势周期表有改变吗？
有哪些性格优势变得更强或更弱吗？

SOC 4岁至9岁*跟进讨论指南：登出

是时候作出总结了。这些问题将帮助你思考你自己本身的性格优势在今天的进展。

*欢迎自行调整用语以符合各年龄组的需要。

1. 去年你做了什么事情最让你感到自豪的?
1. 你当时用了哪个性格优势来完成这件事?
1. 你明年最大的目标是什么?
1. 你哪个性格优势将能帮助你达成这个目标?

SOC 10岁至14岁讨论指南

如果你还没观看8分钟长的《性格科学》影片，你可以在[这里](#)观赏。然后跳入：

*欢迎自行调整用语以符合各年龄组的需要。

1. 看一看这份文件底部的“性格优势的周期表”。你有哪四种性格优势是最强的呢?
2. 你如何利用它们来改进你的生活? 你如何利用它们来改善你的社区?
3. 先在看回《性格优势表》。有哪三项性格优势是你想发展的?
4. 选择一项你想发展的优势。你现在可以做些什么来将该优势更多地带入你的生活中?
5. 影片中描述性格优势就如超能力。选择你最喜爱的超级英雄。为什么这英雄是你最喜爱的? 他们展现了什么性格优势?
6. 现在想一想现实中的人物。这世界上让你最崇拜的人是谁? 他们有哪些性格优势是让你欣赏的?
7. 不同的文化对于性格优势有着不同的衡量。在你的文化里最推崇的是哪一种性格优势?
8. 在你学校里最受推崇的是哪项性格优势? 它们与你家里最受推崇的性格优势是否一样, 或它们是不一样的?

9. 影片里描述着一个固定的思想（当你认为你无法改变你自己是谁）和一个成长的思想（当你相信你可以作出改变及改善与自己相关的事物）。你的生活里是否有一个区域是你有着固定思想的，比如说“我的运动不好”或“我就是不会算术”？你可以思索一个方法来利用你的性格优势去改善那个区域吗？
10. 如果我们的性格优势和能力是不固定的，这表示任何事情都是可能的。实在地放开眼界：若你可以达成任何事情，你会怎么做？
11. 回想你失败的某个时候。发生了什么事情？你当时的感受如何，你现在的感受又如何？
12. 就如影片中提到说，失败可以是一件好的事情- 我们从失败中学习。想一个你可能第一次尝试会失败的活动但无论如何仍想尝试的：滑板滑雪、滑板运动、歌唱、一个舞蹈班。那会是什么？你可以从失败中学习到什么？
13. 影片的结尾要求你完成这个句子：我要成为

你想成为怎样的人？有哪些性格优势可以帮助你实现它，你将如何应用它们？

SOC 10-14岁跟进讨论指南：登入

不久前你观看过了“性格科学”。让我们一起来回顾并看一看你自那时候开始有什么改变。

*欢迎自行调整用语以符合各年龄组的需要。

1. 《性格科学》讲述关于专注在你生活里发展顺利的事情。你最近有哪些事情是顺利的？
2. 现在让我们谈谈关于事情不顺利。该影片显示失败不一定是坏的；拥有一个成长的思想，会帮助我们学习和改进。想一件在过去几个月里发展不如你所期望的事情。你可以思索到一个方法让它最后可能成功吗？
3. 我们在帮助别人加强他们的性格时，我们也会变得更强。在上个月，你曾做过任何事情来帮助别人加强他们的性格吗？那是什么？

4. 看一看以下的《性格优势的周期表》。在上个月，你自己个人的《性格优势的周期表》有改变吗？有哪些性格优势变得更强或更弱吗？
5. 从《性格优势的周期表》中选出一项性格优势是你想努力的。你下个月可以做些什么来加强它？

SOC_10-14岁跟进讨论指南：登出

是时候作出总结了。这些问题将帮助你思考你自己的性格在今年有怎样的进展。

*欢迎自行调整用语以符合各年龄组的需要。

1. 你去年做了什么事情是最让你自豪的？
2. 你用了哪些性格优势来达成这个成就？
3. 你明年最大的目标是什么？
4. 有哪些性格优势将帮助你实现它？

SOC 15岁至18岁讨论指南

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1. 看一看这份文件底部的“性格优势的周期表”。你有哪五种性格优势是最强的呢？
2. 查看你的优势归向何处。他们是否全在同一个特定区域（里面、说、“智慧”栏或“勇气”栏）或他们是分散的？你如何看待它？
3. 你如何利用你的性格有时来改进你的生活？你如何利用它们来改善你的社区？

4. 现在将你的性格优势表延伸至十二项并将它们分布在一个饼图里。哪个性格优势占据你最大的部分？哪个是最小的？
5. 性格发展背后的科学显示两件事：第一，你应该专注在你已拥有的优势，第二，发展你想拥有的优势。抱持着这样的想法，再看回性格优势表。哪三项性格优势是你想建立的？
6. 哪些步骤是你可以采取来建立这三项性格优势的？
7. 不同的文化推崇不同的性格优势。在你的文化里哪些性格优势最受推崇的？
8. 在你学校里哪些性格优势是最受推崇的？这些性格优势与你家里所推崇的一样，还是不同呢？
9. 在这世界上你最崇拜的人是谁？你欣赏他们哪些性格优势？
10. 就如影片中所说，在我们的性格优势上努力自古以来都很重要。你可以想到任何描述某个性格优势的重要性的神话吗？
11. 你认为哪些性格优势在这个数码时代里是重要的？你可以回想起你或别人在线上发布的某个展现出性格优势的东西吗？
12. 影片摘录了法兰克·奥罗（Frank Outlaw）于1977年作的名言：

“注意你的思想，它们变成文字；
注意你的文字，它们变成行动；
注意你的行动，它们变成习惯；
注意你的习惯，它们变成性格；
注意你的性格，它变成你的目的地。”

你今天会如何更新它呢？

注意你的文字，它们变成 _____

注意你的微博，它们变成 _____

注意你的Instagrams，它们变成 _____

注意你的留言，它们变成 _____

注意你的Facebook 贴文，它们变成 _____

13. 倘若互联网允许许多匿名，并准许人们尝试各种性情，当我们在线上时我们的性格会有什么变化？我们的性格优势仍保持一贯吗？

14. 影片里描述着一个固定的思想（当你认为你无法改变你自己是谁）和一个成长的思想（当你相信你可以作出改变及改善与自己相关的事物）。你的生活里是否有一个区域是你有着固定思想的，比如说“我的运动不好”或“我就是不会算术”？你可以思索一个方法来利用你的性格优势去改善那个区域吗？
15. 影片中谈论到你日常生活里可以建立你性格优势的方法。你可以思索到一些可以在你的网络生活建立性格优势的方法吗？
16. 回想当你失败的某个时候。发生了什么事情？你当时的感受如何，你现在的感受又如何？
17. 就如影片中提到说，失败可以是一件好的事情- 我们从失败中学习。想一个你可能第一次尝试会失败的活动但无论如何仍想尝试的：滑板滑雪、滑板运动、歌唱、一个舞蹈班。那会是什么？你可以从失败中学习到什么？
18. 如果我们的性格优势和能力是不固定的，这表示任何事情都是可能的。放胆地去想象：若你可以达成任何事情，你会怎么做？
19. 影片提议我们也可以影响别人的性格优势。你同意吗？一个性格是否具传染性？如何？
20. “失败”和“历史性失败”已在网络爆红。网络上的挫折与现实生活中的挫折有什么不同？你是否也可以从网络挫折中学习和建立性格优势呢？
21. 影片的结尾要求你完成这个句子。我想成为_____。你想成为怎样的人？有哪些性格优势将协助你实现，你将会如何利用它们？

SOC 15-18岁跟进讨论指南：登入

不久前你观看过了《性格科学》。让我们一起来回顾并看一看你自那时候开始有什么改变。

*欢迎自行调整用语以符合各年龄组的需要。

1. 《性格科学》讲述性格优势的活动以及专注发展顺利的事情。你最近有哪些事情是顺利

的？

2. 现在让我们谈谈关于事情不顺利。该影片显示失败不一定是坏的；拥有一个成长的思想，会帮助我们学习和改进。想一件在过去几个月里发展不如你所期望的事情。你可以思索到一个方法让它最后可能成功吗？
3. 我们在帮助别人加强他们的性格时，我们也会变得更强。在上个月，你曾做过任何事情来帮助别人加强他们的性格吗？那是什么？
4. 看一看以下的《性格优势的周期表》。在上个月，你自己个人的《性格优势的周期表》。有改变吗？有哪些性格优势变得更强或更弱吗？
5. 从《性格优势的周期表》。中选出一项性格优势是你想努力的。你下个月可以做些什么来加强它？

SOC 15-18岁跟进讨论指南：登出

是时候作出总结了。这些问题将帮助你思考你自己的性格在今年有怎样的进展。

*欢迎自行调整用语以符合各年龄组的需要。

1. 你去年做了什么事情是最让你自豪的？
2. 你用了哪些性格优势来达成这个成就？
3. 你有没有看见任何成长思想的证据 - 例如，你是否曾需要发展新的优势和能力达成它？
4. 你明年最大的目标是什么？
5. 有哪些性格优势将帮助你实现它？

SOC 19岁至99+岁讨论指南

如果你还没观看8分钟长的《性格科学》影片，您可以在[这里](#)观赏。然后跳入：

*欢迎自行调整用语以符合各年龄组的需要。

1. 看一看这份文件底部的“性格优势的周期表”。您有哪五种性格优势是最强的呢？
2. 查看您的优势归向何处。他们是否全在同一个特定区域 (里头、说、“智慧”栏或“勇气”栏) 或他们是分散的？您如何看待它？
3. 您如何利用你的性格有时来改进你的生活？你如何利用它们来改善你的社区？
4. 现在将您的性格优势表延伸至十二项并将它们分布在一个饼图里。哪个性格优势占据您最大的部分？哪个是最小的？
5. 性格发展背后的科学显示两件事：第一，您应该专注在您已拥有的优势，第二，发展您想拥有的优势。抱持着这样的想法，再看回性格优势表。哪三项性格优势是您想建立的？
6. 哪些步骤是您可以采取来建立这三项性格优势的？
7. 不同的文化推崇不同的性格优势。在您的文化里哪些性格优势最受推崇的？
8. 在您学院或工作上哪些性格优势是最受推崇的？这些性格优势与您家庭所推崇的一样，还是大有不同呢？
9. 经典的哲学家如柏拉图 (Plato) 和亚里士多德 (Aristotle) 针对性格提出了更本质的看法：你就是你。而更现代的看法争辩说“你就是你所做的”。哪个性格的定义是您赞同的？
10. 一个哲学的跟进：您认为有一样东西叫作“好”人吗？“好”人是否会偶尔做“坏”事？
12. 您认为哪些性格优势在这个数码时代里是重要的？我们如何在网络上展现及建立这项性格优势呢？
13. 倘若互联网允许许多匿名，并准许人们尝试各种性情，当我们在线上时我们的性格会有什么变化？我们的性格优势仍保持一贯吗？
15. 影片中谈论到您日常生活里可以建立您性格优势的方法。您可以思索到一些可以在您的网络生活建立性格优势的方法吗？
14. 影片里描述着一个固定的思想 (当您认为你无法改变您自己是谁) 和一个成长的思想 (当您相信您可以作出改变及改善与自己相关的事物)。您的生活里是否有一个区域是您有着固定思想

的，比如说“我没有运动细胞”或“我没有创意”？您可以思索一个方法来利用您的性格优势去改善那个区域吗？

16. 影片提议我们也可以影响别人的性格优势。您同意吗？一个性格是否具有传染性？它会流行吗？

17. 回想您某个受挫的时候。发生了什么事情？您当时的感受如何，您现在的感受又如何？

18. 就如影片中提到说，失败可以是一件好的事情- 我们从失败中学习。想一个您可能第一次尝试会失败的活动但无论如何仍想尝试的：滑板滑雪、公开演讲、一个舞蹈班。那会是什么？您可以从失败中学习到什么？

20. 如果我们的性格优势和能力是不固定的，这表示我们可以，有潜能实现任何事情。放胆地去想象：若您可以达成任何事情，您会怎么做？

22. 影片的结尾要求你完成这个句子。我想成为_____。您想成为怎样的人？有哪些性格优势将协助您实现，您将会如何利用它们？

SOC 19-99+岁跟进讨论指南：登入

不久前您观看过了“性格科学”。让我们一起来回顾并看一看您自那时候开始有什么改变。

*欢迎自行调整用语以符合各年龄组的需要。

1. 您对于性格的意义和重要性的看法是否完全改变？

1. 《性格科学》讲述性格优势运动以及它集中在发展顺利的事情上。您最近有哪些事情是顺利的？

3. 影片辩说失败不一定是坏事；它可以帮助我们学习和改进。想一想在过去几个月里一件发展不如您所期望的事情。您能否思索到一个方法让它最后可能变好吗？

4. 看一看以下的《性格优势的周期表》。在上个月，您自己个人的《性格优势的周期表》。有改变吗？有哪些性格优势变得更强或更弱吗？

5. 有哪些性格优势是您现在开始更珍惜的？或更不珍惜的？
6. 从《性格优势的周期表》。中选出一项性格优势是您想努力的。您下个月可以做些什么来加强它？

SOC 19-99+岁跟进讨论指南：登出

这旅途继续，但让我们暂停一下来审视您目前已作出进展。您今年的性格发展如何？

*欢迎自行调整用语以符合各年龄组的需要。

1. 您去年做了什么事情是最让您自豪的？
2. 您用了哪些性格优势来达成这个成就？
3. 您有没有看见任何成长思想的证据 - 例如，您是否曾需要发展新的优势和能力达成它？
4. 您对于性格进化的重要性有什么看法？
5. 现在让我们想一想更大的文化。去年，是否有一个主导的性格在社会里被放大——一项优势，如公平或领导力比以往吸引更多的关注？
6. 您认为明年哪些性格有时将在大社会里变得越来越重要？
7. 有哪些优势是我们低估了的吗？
8. 您明年最大的个人目标是什么？
9. 哪些性格优势将帮助您实现它？