

Qualities of Noble Character

The following is a list of twenty noble character traits and their definitions, along with some boy-friendly examples that may help you in your ongoing conversations with your son.

1. Integrity: Conducting your life according to strong moral principles and values
Not sneaking the last cookie, even if your mom will never know
2. Honesty: Telling and living the truth; being straightforward and trustworthy in all you do
Admitting that you ate the last cookie
3. Loyalty: Faithfulness and devotion to others
Not joining in talking bad about a brother or friend behind his back and discouraging others from doing so
4. Respectfulness: Treating yourself and others with courtesy, kindness, deference, dignity, and civility
Laughing at your mom's best attempt at a joke
5. Responsibility: Doing what you should so others know they can count on you
Doing your chores without being told
6. Humility: Having an honest and modest opinion of your own self-importance; having a learning and growth mindset
Recognizing that your friend might know something that you don't

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7. Love: Unselfish, loyal benevolence toward others for their good
Playing with your little sister to make her happy
8. Compassion: Caring about others' feelings and wanting to do something to help
Sharing your PB&J with the classmate who forgot his
9. Forgiveness: Choosing to let go of resentment or anger toward someone for an offense, whether or not the person asks for forgiveness
Not being mad that no one shared his PB&J with you when you forgot yours
10. Authenticity: Being your real and true self, no matter who you're with
Not laughing at Billy's mean joke just so you will fit in
11. Courage: Doing the right thing, even when it's scary
Telling Billy that his joke was mean
12. Generosity: Giving unselfishly
Letting Sally have your last piece of gum
13. Perseverance: Continuing with a course of action, belief, or purpose, even when it's hard
Finishing all your chores, even when you are tired
14. Politeness: Using good manners with everyone around you
Opening the door for the elderly man entering the store behind you
15. Kindness: Being helpful and considerate to others
Smiling and saying "Hello" and "How are you?" to the older man

16. Gentleness: Being meek and soft in response to others

Slowing down and being quiet because your baby sister is sleeping

17. Optimism: Being positive about people and life and the future

Choosing to be cheerful even when your baseball game is rained out

18. Reliability: Being someone people can trust to do what you say you will do

Remembering to feed the dog when it is your turn without being reminded

19. Conscientiousness: Being thoughtful, thorough, careful, and vigilant in your efforts

Looking around the dog's bowl to see if you can help tidy up any messes

20. Self-discipline: Using willpower to make good choices; this usually includes delayed gratification

Choosing to eat your vegetables and help clear the table before you have dessert

*For a printable version please visit
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