



THINK ... SPEAK ... ACT

# COMPETITIVE CHARACTER BLUEPRINT GLOSSARY

Foundational skills which help us THINK, SPEAK, and ACT like a high performer

## GLOSSARY OF MORAL SKILLS

Having to do with your relationship to others.

1. **APPRECIATIVE:** Being grateful for and recognizing the good in someone or something.
2. **CARING:** Investing in the person.
3. **COACHABLE:** Being open to new ideas.
4. **COLLABORATIVE:** The ability to work with others under all conditions.
5. **COOPERATIVE:** Listening to others and working together to find the best way (not just your way).
6. **EMPATHETIC:** Understanding other people's feelings.
7. **ENCOURAGING:** Giving confidence and support.
8. **FLEXIBLE:** Absorbing the unexpected and compromising if needed.
9. **FORGIVING:** Leaving hurtful things behind. Not seeking revenge.
10. **GRACIOUS:** Being thankful and ready to return kindness.
11. **HONEST:** Telling the truth.
12. **HUMBLE:** Distributing credit.
13. **INSPIRATION:** Causing others to act.
14. **LOVE:** Devotion to the game and others.
15. **LOYAL:** Showing allegiance.
16. **PATIENT:** Tolerating delay or struggle.
17. **RESPECTFUL:** Showing consideration.
18. **SOCIALLY AWARE:** Paying attention to the people around you and their signals.
19. **TEAM ORIENTED:** Respecting that team needs come first.
20. **TOLERANT:** Being accepting of others.
21. **TRUST WILLING:** Relying on and trusting others.
22. **TRUSTWORTHY:** Being reliable.
23. **UNSELFISH:** Putting the team first.

## GLOSSARY OF PERFORMANCE SKILLS

Having to do with your relationship to yourself.

1. **ACCOUNTABLE:** Taking responsibility for your actions.
2. **COMPETITIVE:** Striving to be your best.
3. **CONDITIONING:** Consistently developing in physical and mental areas.
4. **CONFIDENT:** Self-trusting.
5. **CREATIVE:** Thinking outside-of-the-box.
6. **CURIOUS:** Wanting to learn or understand.
7. **DISCIPLINED:** Self-regulating and being consistent.
8. **ENTHUSIASTIC:** Showing enjoyment.
9. **FOCUSED:** Eliminating distractions.
10. **GRIT:** Having firmness of character and unbeatable spirit.
11. **GROWTH MINDSET:** Understanding that learning can come through challenges and finding opportunities to stretch yourself.
12. **HARDWORKING:** Putting in effort for results.
13. **INITIATIVE:** Being proactive and thinking independently.
14. **INTEGRITY:** Matching thoughts, words and actions.
15. **INTENT:** Setting goals and being determined to reach them.
16. **MASTERY:** Being an expert.
17. **MENTAL TOUGHNESS:** Knowing what's the next most important thing. Pushing through rough times.
18. **MOTIVATED:** Having a purpose.
19. **PASSIONATE:** Being enthusiastic about someone or something.
20. **POISE:** Being at ease under pressure.
21. **POSITIVE:** Thinking about the good and useful aspects of people, places, or things.
22. **PROFESSIONAL:** Being reliable and dependable. Treating everyone with respect.
23. **RESILIENT:** Bouncing back from setbacks and growing through failures.