

MOVINA VALUES

Building Character, Transforming Lives



WORK BOOK

CHARACTER FIRST

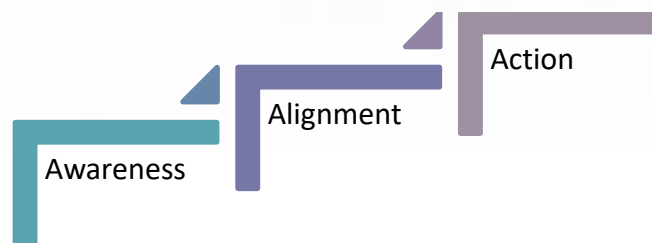
A PRACTICAL GUIDE FOR YOUNG LEADERS

Core Philosophy

Leadership does not begin with position. It begins with character. > This program positions character as the foundation of influence, trust, decision-making, and sustainable success.

HOW TO USE THIS WORKBOOK

This workbook is your companion for deep self-reflection, honest assessment, and practical application. It is designed to move you from



How to get the best results:

- **Write honestly;** growth requires truth.
- **Complete every exercise.**
- **Apply one action step daily.**
- **Revisit reflections weekly.**

PRE-PROGRAM CHARACTER & LEADERSHIP ASSESSMENT

Rate yourself honestly (1 = Rarely true, 5 = Always true).

Statement	Rating (1-5)
I act consistently with my values even when it costs me	
I accept responsibility for my actions without blame	
I manage my emotions under pressure	
I listen openly to correction and feedback	
I make decisions based on values, not popularity	
I recover quickly from failure or disappointment	
People trust my words and actions	



Score Reflection:

- **Strength areas:**

- **Growth areas:**

MODULE 1: CHARACTER – THE FOUNDATION OF LEADERSHIP

Key Insight: Leadership begins long before a title is given. Character is the soil where leadership grows.

Reflection:

- What does character mean to me?
- Who am I when no one is watching?

Exercise: Leadership Autopsy

Think of a leader you admired who later failed.

- What character gaps contributed to the failure?
- What lessons apply to my life?

Action Commitment:

- One character trait I commit to strengthening this week: _____



MODULE 2: SELF-AWARENESS – LEADING FROM WITHIN

Core Teaching: You cannot lead others beyond the level at which you lead yourself.

Values Discovery Exercise

List your top 5 personal values:

1	2	3	4
5	6	7	8



Emotional Trigger Map

- Situations that trigger strong reactions: _____
- My usual response: _____
- A healthier response I choose: _____

Reflection:

- What blind spot may be limiting my leadership?

MODULE 3: INTEGRITY – DOING WHAT IS RIGHT

Core Teaching: Integrity is consistency between belief, words, and actions.

Integrity Line Exercise

What I will NEVER compromise:

- **In relationships:** _____
- **In finances:** _____
- **In leadership decisions:** _____

Case Reflection

- Describe a recent ethical dilemma you faced: _____
- What did you do? _____
- What would integrity require next time? _____

MODULE 4: EMOTIONAL MASTERY – LEADING WITH SELF-CONTROL

Core Teaching: Strong emotions do not excuse poor behaviour.

Emotion–Thought–Action Map

- **Emotion Felt:** _____
- **Thought Attached:** _____
- **Action Taken:** _____
- **New Thought I Choose:** _____
- **New Action:** _____

Regulation Practice:

- What helps me calm down before responding?

MODULE 5: HUMILITY & TEACHABILITY

Core Teaching: Humility keeps leaders growing; pride stops growth.

Feedback Reflection

- **Recent correction I received:** _____
- **My initial reaction:** _____
- **What I learned:** _____

Listening Challenge:

- This week, I will intentionally listen without interrupting or defending myself.



MODULE 6: COURAGE & VALUES-BASED DECISIONS

Core Teaching: Courage is choosing what is right despite fear or pressure.

Decision Clarity Matrix

- **Decision I am facing:** _____
- **Values involved:** _____
- **Possible consequences:** _____
- **Decision aligned with my character:** _____

Reflection:

- What fear usually pressures me to compromise?



MODULE 7: RESILIENCE – GROWING THROUGH ADVERSITY

Core Teaching: Failure is an event, not an identity.

Failure Reframe Exercise

Describe a setback you experienced:

- What happened?
- What did I learn?
- How will I grow from this?

Resilience Plan:

- One habit that will strengthen my resilience: _____



MODULE 8: CHARACTER IN ACTION – DAILY LEADERSHIP

Core Teaching: Character is revealed in daily habits, not grand moments.

Character Habit Tracker (Weekly)

Check the box each day you intentionally practiced the trait.

Day	Integrity	Self-Control	Humility	Courage
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



CAPSTONE: MY CHARACTER LEADERSHIP BLUEPRINT

- My Core Values: _____
- My Leadership Standards: _____
- My Integrity Boundaries: _____
- My Growth Commitments: _____
- My Accountability Partner(s): _____

POST-PROGRAM REFLECTION

- How has my thinking about leadership changed?
- Which character trait grew the most?
- What is my next growth step?



FINAL COMMITMENT STATEMENT

I commit to leading myself with integrity, humility, courage, and responsibility—every day.

Name: _____ Date: _____

MOVINA VALUES

Building Character, Transforming Lives

