

THE PILLARS OF CHARACTER

Each pillar supports your actions, relationships, and reputation. All four matter.

IMG ACADEMY⁺

PERFORMANCE CHARACTER

1

“Do I bring full effort and skill—every day?”

Habit idea:

Set your alarm 15 minutes early to stretch or review.

MORAL CHARACTER

2

“Do I do the right thing, even when it costs me?”

Habit idea:

Own a small mistake—without excuse.

INTELLECTUAL CHARACTER

3

“Do I stay curious and learn from setbacks?”

Habit idea:

After practice, write down one thing you learned + one you're still figuring out.

CIVIC CHARACTER

4

“Do I lift the people and spaces around me?”

Habit idea:

Each week, check in on someone who might need it.

CHARACTER HABIT WORKSHEET

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SELF-CHECK + FOCUS HABIT

Which pillar feels strongest? Why?

Which one needs work? Why?

This week, I will strengthen:

☐ PERFORMANCE ☐ MORAL ☐ INTELLECTUAL ☐ CIVIC

My daily habit:

*"Everyday I will _____
to strengthen my foundation and grow in character."*

WEEKLY HABIT TRACKER

Use this tracker to hold yourself accountable to your daily habit.

DAY	Did I follow through on my habit today?
MONDAY	☐ YES ☐ NO
TUESDAY	☐ YES ☐ NO
WEDNESDAY	☐ YES ☐ NO
THURSDAY	☐ YES ☐ NO
FRIDAY	☐ YES ☐ NO
SATURDAY	☐ YES ☐ NO
SUNDAY	☐ YES ☐ NO