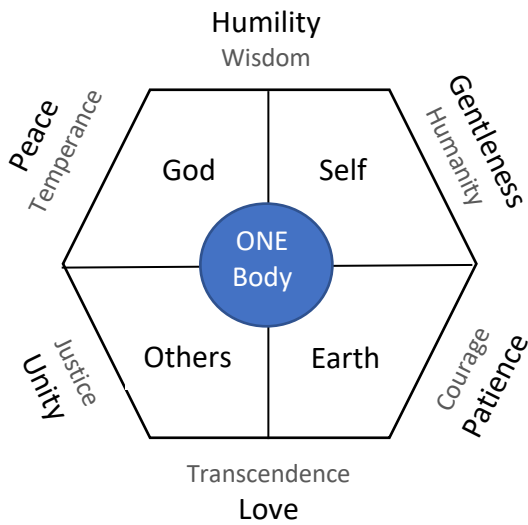


CommUNiTY Model



This model is developed from the 6 Character Virtues found by researchers to be the main categories for the widely valued positive traits (<https://positivepsychologyprogram.com/classification-character-strengths-virtues>) combined with 6 Spiritual Values as listed in Ephesians 4:1-3 and as subscribed to by most major religions. More information on this can be found in my book, *Reclaiming Eden*.

CommUNiTY Assessment

In order to build healthy commUNiTY, one needs to understand how to be an integral part of creating a unified, collaborative commUNiTY. A sense of oneness is developed as many individuals operate in their strengths for the betterment of the whole. Many parts coming together to create one body, or a shared culture. Building healthy commUNiTY requires agreed upon healthy character traits that each individual subscribes so the one body or commUNiTY can be created. Assess yourself on a scale from 1-5, with 1 being the lowest and 5 being the highest. You can have a close friend, partner, or employer assess you as well, then compare answers to see how much personal insight you have. Enjoy and remember, we are all on a journey and growing more into the essence of who we are divinely designed to be if we are willing.

Humility

Virtue: Wisdom

Humility Invites Wisdom

Humbly Know Thyself

Humility is Open-Mindedness

Humble Leaders are Unity Minded

Humility Honors

Invites wisdom from others

1 2 3 4 5

Expresses wisdom in daily life	1	2	3	4	5
Has good self-awareness	1	2	3	4	5
Understands strengths and weaknesses	1	2	3	4	5
Open-minded to new teachings	1	2	3	4	5
Open to doing things different then how they've been done	1	2	3	4	5
Not quick to say "no" or shut people down	1	2	3	4	5
Leads and expresses self in a way that creates unity	1	2	3	4	5
Makes life choices that creates unity for others	1	2	3	4	5
Resists blaming when mistakes are made	1	2	3	4	5
Quick to recognize the efforts of others	1	2	3	4	5
Publicly honors others	1	2	3	4	5
Walks confidently in your ability and makes room for others to lead where you are weak	1	2	3	4	5
Lives with the awareness you are unique for what you contribute but so is everyone else in what they can contribute	1	2	3	4	5
Recognizes and rewards the contribution of others	1	2	3	4	5
Expresses gratitude when you experience success	1	2	3	4	5
Honors those who have gone before you to contribute to your success	1	2	3	4	5
Takes your part in conflict	1	2	3	4	5
Seeks self-development and self-growth	1	2	3	4	5
Understands when to apologize and accept responsibility	1	2	3	4	5
Makes amends when you have wronged someone	1	2	3	4	5
"Stays in your lane" when leading or partnering with others	1	2	3	4	5
Operates as a good team-member	1	2	3	4	5
Hears the complaints and concern of others and seeks to help	1	2	3	4	5

Expresses value for others by encouraging and uplifting	1	2	3	4	5
Gives time to listen instead of interrupt	1	2	3	4	5
Builds off of the ideas of others and gives credit where credit is due	1	2	3	4	5
Been described as a wise soul	1	2	3	4	5

Gentleness

Virtue: Humanity

Gentleness Improves Humanity
 Gentle Teaching is Effective
 Gentle with Conflict
 Gentleness Requires Empathy
 Gentleness in Nurturing

Expresses self with gentleness	1	2	3	4	5
Warms others to you with your kindness	1	2	3	4	5
Teaches with kindness and gentleness	1	2	3	4	5
Confronts in gentleness	1	2	3	4	5
Uses kind, clear language when upset	1	2	3	4	5
Assumes the best with others when offended	1	2	3	4	5
Treats the marginalized with tenderness	1	2	3	4	5
Has the ability to understand what others may feel	1	2	3	4	5
Connects well with others different from yourself	1	2	3	4	5
Corrects children or dependents with gentleness	1	2	3	4	5
Disciplines children in gentleness	1	2	3	4	5
Uses gentle language when passionate	1	2	3	4	5
Gives gentle touches	1	2	3	4	5
Inspires change through gentle teaching and trainings	1	2	3	4	5

Has high empathy for others	1	2	3	4	5
Is able to see both sides of a disagreement and offer a path forward for both sides	1	2	3	4	5
Improves the culture and relationships around you	1	2	3	4	5
Is approachable and open to others and new ideas	1	2	3	4	5
Is moved with the suffering of life	1	2	3	4	5
Cares for endangered animals	1	2	3	4	5
Concerned for anything harming our planet	1	2	3	4	5
Acts compassionately to the suffering of others by giving	1	2	3	4	5
Is able to experience changed behavior with others with confrontation	1	2	3	4	5
Expresses care for the vulnerable	1	2	3	4	5

Patience

Virtue: Courage

Patience Demands Courage

Patience with Loneliness

Patience to Change

Patience with Pain

Patience Needs Hope

Has the ability to show self-restraint	1	2	3	4	5
Resists immediate gratification	1	2	3	4	5
Hopes patiently for something better to come	1	2	3	4	5
Is able to express a vision of hope in the midst of a distressful situation	1	2	3	4	5
Believes expectantly for something greater when failure or struggles happen	1	2	3	4	5
Takes time for yourself instead of staying busy and distracted	1	2	3	4	5

Understands change takes time and waits expectantly and patiently for change while nurturing it along	1	2	3	4	5
Allows time for physical healing	1	2	3	4	5
Allows time and attention for emotional healing	1	2	3	4	5
Has realistic expectations for growing and developing	1	2	3	4	5
Has realistic expectations for time and energy for healing	1	2	3	4	5
Expresses patience towards others with their weakness	1	2	3	4	5
Expresses patience towards self for weaknesses	1	2	3	4	5
Understands loneliness is seasonal and not a permanent condition unless they want it	1	2	3	4	5
Takes time and care to develop a work project or plan an event	1	2	3	4	5
Patiently prepares for something with an expectant hope for greatness or success to be the result	1	2	3	4	5
Shows courage in the face of despair	1	2	3	4	5
Can visualize something better than what you are negatively experiencing	1	2	3	4	5
Inspires others to move patiently when change is needed	1	2	3	4	5
Lives with the faith and hope for better times or has "the best is yet to come" mentality	1	2	3	4	5

Love

Virtue: Transends

Love Transends Reality

Love Listens

Love is Generous

Love Creates Security

Love Plays

Recognizes that love is spiritual and divine in nature	1	2	3	4	5
Sees God to be synonymous with love	1	2	3	4	5

Listens carefully to the messages of others	1	2	3	4	5
Curiously asks questions about the feelings or needs of others instead of shaming them	1	2	3	4	5
Asks God for the ability to love self and others	1	2	3	4	5
Speaks carefully and confronts in love	1	2	3	4	5
Motivates others with love	1	2	3	4	5
Uses safe communication with others	1	2	3	4	5
Gives generously to others	1	2	3	4	5
Generous with affirmation	1	2	3	4	5
Reliable and trustworthy	1	2	3	4	5
Comforts when in pain and rejoices when successful	1	2	3	4	5
Moves towards others in the relationship instead of protecting themselves	1	2	3	4	5
Assumes the best with others	1	2	3	4	5
Quick to forgive and give grace	1	2	3	4	5
Uses safe language when confronting	1	2	3	4	5
Confronts in love and gains a friend through conflict	1	2	3	4	5
Understands love is the greatest emotion of all	1	2	3	4	5
Criticizes with care	1	2	3	4	5
Invites playful connection	1	2	3	4	5
Uses humor that endears others to you and encourages others	1	2	3	4	5
Brings joy into the tasks	1	2	3	4	5
Binds others together through inspiration and encouragement	1	2	3	4	5
Sacrifices needs for others to prosper	1	2	3	4	5
Sets healthy boundaries and expectations clearly for others	1	2	3	4	5

Unity

Virtue: Justice

Unity Requires Justice

Unity Pursues Diversity

Unity Enhances Culture

When Unity Divides

Unity Needs Relationships

Gives just expectations for all 1 2 3 4 5

Provides justice when needed 1 2 3 4 5

Understands that justice does not mean a lack of forgiveness 1 2 3 4 5

Shares well with others 1 2 3 4 5

Seeks to be inclusive 1 2 3 4 5

Develops an inclusive language for all to relate with 1 2 3 4 5

Takes time to address divisive communication 1 2 3 4 5

Has diverse relationships with ethnicity and more 1 2 3 4 5

Enhances the culture around you by unifying others 1 2 3 4 5

Understands the chaos that prevents unity 1 2 3 4 5

Shows integrity to do what you say and expresses unity within yourself 1 2 3 4 5

Seeks to lead with others different than yourself 1 2 3 4 5

Pursues gender parity 1 2 3 4 5

Concerned for representing minorities 1 2 3 4 5

Advocates for the underdog 1 2 3 4 5

Resists advancements without helping to advance and recognize others 1 2 3 4 5

Gives credit where credit is due 1 2 3 4 5

Validates the perspective of others even when you don't

understand them	1	2	3	4	5
Operates collaboratively with others	1	2	3	4	5
Trusts others to do their part instead of micro-managing them	1	2	3	4	5
Avoids conflictive issues that bring no resolution	1	2	3	4	5
Knows what to say and do to encourage teamwork	1	2	3	4	5
Depends on the work of others instead of being overly self-reliant	1	2	3	4	5
Includes others in conversations	1	2	3	4	5
Gives talk time for everyone in a conversation	1	2	3	4	5
Chooses topics or events that would be inclusive to all	1	2	3	4	5
Avoids exclusive groups or cliques	1	2	3	4	5
Uses prestige, honor, and power to include and advance others	1	2	3	4	5
Respects the boundaries and requests of others	1	2	3	4	5

Peace

Virtue: Temperance

Peace Inspires Temperance

Peace Needs Forgiveness

Peace Requires Walking Away

Peace Gives Peaceful Messages

Peace Demands Self-Control

Shows moderation in all things	1	2	3	4	5
Practices self-control in emotions, words, thoughts, actions	1	2	3	4	5
Walks away from an unnecessary fight	1	2	3	4	5
Forgives those who have wronged you	1	2	3	4	5
Creates security for others	1	2	3	4	5
People open up to you due to your peaceful demeanor	1	2	3	4	5

Chooses tactful words verses fighting words	1	2	3	4	5
Has balance in your life with work and play	1	2	3	4	5
Resists addictive substances	1	2	3	4	5
Pursues meditations and/or contemplative states	1	2	3	4	5
Operates from a centered place	1	2	3	4	5
Enjoys peaceful scenes	1	2	3	4	5
Finds rest with solitude	1	2	3	4	5
Avoids franticness or busyness	1	2	3	4	5
Organized verses messy	1	2	3	4	5
Is able to show self-restraint	1	2	3	4	5
Identifies with great peacekeepers like Ghandi, Nelson Mandela and Mother Theresa	1	2	3	4	5
Seeks soft start-ups in difficult conversations	1	2	3	4	5
Includes personal shortcomings when addressing your own	1	2	3	4	5
Accepts/gives apologies and reconciles when possible	1	2	3	4	5
Takes responsibility for faults	1	2	3	4	5
Provides response time in a conversation	1	2	3	4	5
Is present and mindful of the moment	1	2	3	4	5
Able to comfort those in distress	1	2	3	4	5
Attracts the vulnerable to you	1	2	3	4	5
Contributes to peaceful environments rather than creating disturbances	1	2	3	4	5