



CITRS is the cornerstone of our philosophy for character education. CITRS Stands for Character, Integrity, Trust, Relationships and Success. How does one integrate CITRS into their lives? We invite you to read the statement below then take the mini-assessment to determine your CITRS score.

When you are finished please follow the directions.

The Importance of Character

What is Character: Character is a pattern of behavior, thoughts and feelings based on sound principles, moral strength and integrity, plus the guts to live by those principles every day. Character is evidenced by your life's virtues and the "line you never cross". Character is the most valuable thing you have, and nobody but you can ever take it away.

Why Character is Important: Character in life is what makes people believe in you and is essential both for individual success and for our society to function successfully. Each individual must do his or her part by living a life of **INTEGRITY**.

When you don't exhibit good character, other people get hurt. But you hurt yourself even more.

When you cheat, your "success" is false. When you break a promise, you are showing that your word is meaningless. When you lie, you deceive others and lose their respect.

All of these examples destroy your reputation and break the **TRUST** others have in you. Without your good reputation and trustworthiness, your relationships fail.

Relationships: **RELATIONSHIPS** are the foundation for success in life.

For example, when you destroy the relationships with your friends, you will have no friends. You will be isolated and alone.

When an athlete uses illegal drugs to win, he destroys his relationship with his teammates, competitors, fans, and his sport. When discovered, he is shamed and banned.

When a businessman makes a promise to customers and doesn't deliver, he destroys his relationship with his customers. His customers go elsewhere and his business fails.

By breaking your relationships, you break the foundation for **SUCCESS** in your life.

Conclusion: Character takes a lifetime to build but can be lost in an instant. Once lost, it is difficult to regain. Often, people decide to act based on short term gain or an easy fix to a problem. Failure to recognize the long term consequences of these acts can be disastrous. By study and focus on the importance of character, you will be guided by principles, moral strength, and integrity to do the right thing. Nothing is more important for your success in life.

So, how is your CITRS? Please take this mini-assessment to arrive at your CITRS score.

On a scale of 1 - 5 indicate which number represents you the best as you read about each of the CITRS elements.

Key:

- (1) Needs Much Work
- (2) Needs Some Work
- (3) Undecided, Not Sure
- (4) There is always opportunity to Grow
- (5) I am Totally Happy with "My CITRS"

(1) (2) (3) (4) (5)

CHARACTER

INTEGRITY

TRUST

RELATIONSHIPS

SUCCESS

In approximately 600 - 1,000 words please:

- Explain each of your CITRS scores, why you chose that number, give examples if appropriate;
- Write about each component of the CITRS mantra (Character Integrity Trust Relationships Success) telling us how you are going to improve your relationships over the next year as your foundation for success.

EXPECTATIONS AFTER AN APPLICANT IS SELECTED AS A BILLIE JEAN KING CHARACTER AMBASSADOR:

■ If you are selected as one of the Billie Jean King Character Award recipients you will be asked to participate in CITRS' Character lessons program. Throughout the year you will experience an online program at your leisure. You will be asked to complete some fun and helpful exercises that will hopefully boost your CITRS score.

■ Follow up 9 months later:

Your final achievement as a BJK Character Award Ambassador will be to write a follow up essay that describes your experience in improving each component of the CITRS mantra (Character Integrity Trust Relationships Success) throughout the program.