



Character Council of Indiana

Building Cities of Character One Person at a Time

Winter 2001-2002 Newsletter

Our MISSION

The Character Council of Indiana is a non-profit organization dedicated to strengthening the personal character of individuals with the goal of impacting families and communities. We provide training, resources, and assistance for character implementation in each sector of the community including business, education, city government, and faith-based organizations. We are funded by proceeds from training events and by the tax-deductible gifts of individuals and organizations. For more information about CCI, please contact our office.

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"Of all the properties which belong to honorable men, not one is so highly prized as that of character." - Henry Clay

Elkhart Hosts Charity Event



Choir members from Elkhart high schools perform "Battle Hymn of the Republic" with accompaniment from the Elkhart Municipal Band at a "United We Stand: A Tribute to the Character of America" concert at the Elco Theatre on October 21st.

The following was released to the press from Character First of Elkhart on October 22nd.

For immediate release - Character First of Elkhart declared the October 21st program a success. Approximately 1300 people turned out to the Elco Theater for "United We Stand - A Tribute to the Character of America." The event raised \$2200 for the New York Police & Fire Widows' & Children's Benefit Fund.

The event was sponsored by Character First of Elkhart, with support from the City of Elkhart, the Elkhart Truth, and the Greater Elkhart Chamber of Commerce. Featured performers

were the Elkhart Municipal Band, a combined choir made up of the Madrigal Singers of Elkhart Memorial High School and the Elkhart Central High School Jazz Choir, and Sonny Crux from the band "Serotonin".

The program also featured presentations from Character First, historic readings, a recording of Red Skelton's explanation of the meaning of the Pledge of Allegiance, and Mayor Miller's tribute to the Elkhart Police and Fire Departments.

Applying self-control

Self-control in the home includes:

- Family members controlling their tempers and resolving any anger they might have.
- Being careful to speak words that would only encourage and not tear down others.
- Parents instilling in their children the good habits of proper nutrition, vigorous exercise, rising early, and a structured daily schedule.

Personal evaluation of self-control:

- Do you respond to each test of character with a grateful spirit and look for the benefits of responding correctly?
- Do you ever erupt in uncontrollable anger?

Personal commitments to self-control:

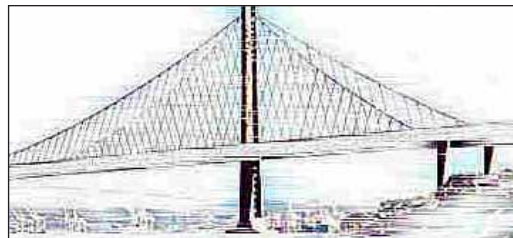
- I will not act impulsively.
- I will not equate desires with rights.
- I will set my own limits.
- I will see my anger as a sign that something is wrong in me.
- I will walk away from things that aren't right.

Self-control challenge

by: Steve Becker, President, Character Council of Indiana

Do you struggle with weight gain during the holidays? Does stress during the holidays cause you to lose control of your emotions? Does your financial plan go off track because of impulsive purchases? Under stress from holiday pressures, do your words sometimes get you in trouble? If you answered yes to any of these questions, you may want to read further. Self-control is a character quality that can help you successfully deal with each one of the problems listed above.

How do you build self-control?



• Building self-control is much like the way bridges were built over deep canyons and river gorges before modern technology provided for a simple way to do so. We are told that they would shoot an arrow across the canyon with a very light thread attached. Once the thread was across the canyon, they would attach a light cord to the thread and pull it across. Then, they would attach a rope to the light cord and pull it across, followed by a heavy chain, and finally, the chain was linked to the bridge cable. They started with something weak, pulled something stronger, then stronger, then stronger, until the bridge cable was in place. Self-control is built progressively by being faithful in little things first.

Another way to build self-control is to guard the little decisions that shape our character by acknowledging our weaknesses and establishing standards ahead of time. It is in the little decisions that character is formed. If you make your decisions by whim rather than principle, you will take small steps in one direction and some in another. If, however, you establish a disciplined set of standards, you will keep

your whole life moving in the right direction. It is easier to acknowledge our tendencies and then decide what choices are "right" prior to experiencing them. For example, a rookie remodeling salesman may anticipate a client asking him to lie about the repair price to cover the deductible of the insurance claim of the client. Knowing the right answer before being asked makes it easier to respond with integrity to the challenge.

Accountability is another tool to developing self-control.

• Accountability relationships with friends can help with the areas in which you struggle. If you struggle with overeating, invite your accountability partner to ask you about your diet from time to time. Accountability can involve more significant interactions, like having a trusted friend monitor all your credit card receipts and bank statements if you struggle to live within your means. It is a humbling thing to acknowledge the need for accountability, but it is wise to seek it and be victorious over your weaknesses, rather than trying to stand alone and fall flat on your face.

What are the benefits of self-control?

• When one lacks self-control over his anger, he damages his reputation, his relationships, and his potential in life. When he gains control over his temper, he becomes a reputable person capable of close relationships. Marriage relationships are strengthened when one learns to reject wrong thoughts of lust.

Where do you need to exhibit self-control today?

If you struggle to control your tongue during emotional periods of stress, consider these tongue-tamer questions:

1. Is it accurate?
2. Is it appropriate to say at this time?
3. Is it motivated by pride or selfishness?
4. Will it damage anyone's reputation?

JANUARY

Character Focus

PUNCTUALITY vs. Tardiness

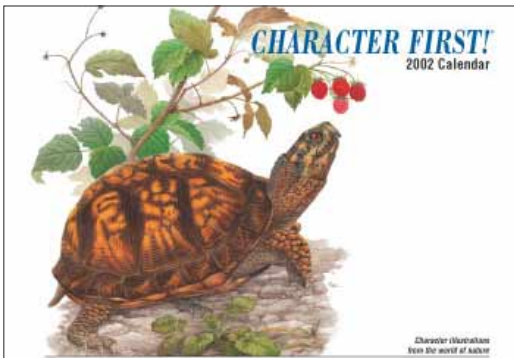
"Showing esteem for others by doing the right thing at the right time."

*Character quality definitions Copyright 2000, Character Training Institute, Oklahoma City, OK

2002 Character Quality Calendar

Upcoming events

Held at the Indianapolis Training Center, 2820 N. Meridian St. unless otherwise noted



The **CHARACTER FIRST!**® 2002 Character Calendar is now available from the CCI office for only \$5. To order, or for more information, please call our office.

January

PUNCTUALITY vs. Tardiness
Showing esteem for others by doing the right thing at the right time.

February

RESOURCEFULNESS vs. Wastefulness
Finding practical uses for that which others would overlook or discard.

March

GENTLENESS vs. Harshness
Showing consideration and personal concern for others.

April

CREATIVITY vs. Underachievement
Approaching a need, a task, or an idea from a new perspective.

May

TOLERANCE vs. Prejudice
Realizing that everyone is at varying levels of character development.

June

MEEKNESS vs. Anger
Yielding my personal rights and expectations with a desire to serve.

July

JUSTICE vs. Corruption
Taking personal responsibility to uphold what is pure, right, and true.

August

ENDURANCE vs. Discouragement
The inward strength to withstand stress and do my best.

September

DILIGENCE vs. Slothfulness
Investing my time and energy to complete each task assigned to me.

October

HUMILITY vs. Pride
Acknowledging that achievement results from the investment of others in my life.

November

HOSPITALITY vs. Loneliness
Cheerfully sharing food, shelter, or conversation to benefit others.

December

SENSITIVITY vs. Callousness
Perceiving the true attitudes and emotions of those around me.

January 15

Character Leadership Breakfast,
7~8 AM

January 17

CHARACTER FIRST!® Training,
City of Carmel
8:30AM~4:30PM

Call for more information

January 22

Terre Haute Character Breakfast,
7~8 AM

Bethesda Garden 1450 E Crossing Blvd

January 23

CHARACTER FIRST!® Training,
9AM~4PM

Jan 31 - Feb 1

Character Council National Conference,
Oklahoma City, OK

Hosted by the International Association of Character Cities

February 19

Character Leadership Breakfast,
7~8 AM

February 26

Terre Haute Character Breakfast,
7~8 AM

Inland Aquatics, 10 Ohio St.

February 28

CHARACTER FIRST!® Training,
9AM~ 4PM

March 5

CHARACTER CHAMPIONS,
8~11AM

March 19

Character Leadership Breakfast,
7~8 AM

March 26

Terre Haute Character Breakfast,
7~8 AM

Southside Church of Christ

2002 Calendar of Events

As these dates approach, please call our office to confirm that the event is still scheduled



CHARACTER FIRST!® Leadership Training

This one-day seminar presents powerful yet practical insights on how to promote character within your organization. We have regular participation from businessmen and women, educators, government leaders, members of law enforcement, corrections personal, and members of faith communities. The training is offered every five to six weeks in Indianapolis, and dates have also been scheduled for other communities around Indiana. Join the many organizations around Indiana who are putting character first!



Quarterly Character Champions

CCI has developed a number of leadership presentations for companies who have implemented character initiatives and are looking for additional character-related training. Because many companies have requested this type of training for their leadership teams, we are now offering a quarterly "Character Champions" meetings. "Character Champions" are the leadership in your organization who are currently responsible for implementing the character initiative or those who will be responsible once you get your program off the ground.



CHARACTER FIRST!® Educators Training

Because character is as much caught as it is taught, it is important for school staff to be the example of good character. Similar to a business, a school can utilize the **CHARACTER FIRST!®** Leadership and Employee Trainings to have a positive impact on their staff. Learn how to hire individuals with good character, how to recognize students and staff based on their demonstration of character, how to correct students and staff based on character, and how to improve communication and prevent conflict.



Monthly Character Leadership Breakfast

This event takes place the third Tuesday of each month from 7-8 AM on the thirteenth floor of the Indianapolis Training Center, 2820 North Meridian. We present practical information on applying the character quality of the month to everyday workplace situations. Join business and community leaders from around Indiana in building character both personally and professionally.

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."

~ Helen Keller

Training

January 23
February 28
April 24
May 29
July 16
August 27
October 8
November 26

Champs

March 5
June 25
September 19
December 5

Ed Training

June 27
August 13

Breakfast

January 15
February 19
March 19
April 16
May 21
June 18
July 16
August 20
September 17
October 15
November 19
December 17