

Character Defects	Example (Defects)	Character Assets	Example (Assets)
Dishonesty	Lying to avoid responsibility.	Honesty	Admitting a mistake at work and fixing it.
Procrastination	Putting off assignments until the last minute.	Compassion	Helping a neighbor in need without expecting anything in return.
Greed	Hoarding resources without sharing.	Patience	Remaining calm in the face of delays.
Selfishness	Refusing to help a friend to save time.	Accountability	Admitting a mistake and working to correct it.
Fear of Rejection	Not applying for a promotion despite being qualified.	Flexibility	Adjusting plans when unexpected events arise.
Resentment	Avoiding a colleague after a disagreement.	Self-Discipline	Consistently following through on a fitness routine.
Anger	Yelling at others when stressed.	Trustworthiness	Keeping promises, no matter how small.
Intolerance	Criticizing someone for their beliefs.	Charity	Volunteering time for a community cause.
Judgmentalness	Assuming the worst about a stranger.	Open-Mindedness	Listening to differing opinions without judgment.
Envy	Resenting a friend's success.	Determination	Persisting in a challenging job search until success is achieved.
Laziness	Neglecting responsibilities at work.	Fairness	Ensuring all voices are heard in group decisions.
Manipulativeness	Twisting facts to get your way.	Kindness	Complimenting someone's efforts to encourage them.
Pride	Refusing help even when struggling.	Resilience	Finding ways to rebuild after a financial loss.
Impatience	Getting frustrated in traffic.	Courage	Speaking up about an issue at work despite nerves.
Blame-Shifting	Blaming a coworker for your error.	Humility	Listening to feedback without defensiveness.
Overthinking	Replaying a conversation in your head repeatedly.	Responsibility	Apologizing sincerely when you've made a mistake.
Jealousy	Feeling threatened by your partner's friendships.	Gratitude	Thanking your team after a successful project.
Negativity	Assuming plans will fail without evidence.	Forgiveness	Rebuilding a relationship after an argument.
Control Issues	Micromanaging team projects.	Empathy	Supporting a friend through their struggles.
Perfectionism	Insisting on flawlessness, often leading to inaction.	Optimism	Encouraging others during tough times.