



Character Traits for AthLEADers

This handout introduces key character traits that build strong athletes, leaders, and individuals.

Use this as a guide for reflection, discussion, and practice both on and off the field.

Integrity & Responsibility

- Honesty
- Accountability
- Dependability
- Respect
- Self-discipline

Work Ethic & Drive

- Perseverance
- Commitment
- Initiative
- Grit
- Resilience

Social & Emotional Intelligence

- Empathy
- Compassion
- Patience
- Kindness
- Humility

Leadership & Teamwork

- Courage
- Confidence (without arrogance)
- Adaptability
- Generosity
- Cooperation

Mindset & Growth

- Open-mindedness
- Curiosity
- Optimism
- Self-awareness
- Coachability

Sports-Specific Traits

- Competitiveness (balanced with respect)
- Focus
- Composure under pressure
- Sacrifice
- Respect for opponents, officials, and the game