



Trustworthy	☐	☐	☐	☐	☐	Prone to gossip
Content	☐	☐	☐	☐	☐	Envious
Agreeable	☐	☐	☐	☐	☐	Disagreeable
Cheerful	☐	☐	☐	☐	☐	Depressed
Courteous	☐	☐	☐	☐	☐	Discourteous
Kind	☐	☐	☐	☐	☐	Unkind
Loving, caring	☐	☐	☐	☐	☐	Indifferent
Discreet	☐	☐	☐	☐	☐	Lacking discretion
Stable	☐	☐	☐	☐	☐	Panicky, violent
Consistent	☐	☐	☐	☐	☐	Inconsistent
Sincere	☐	☐	☐	☐	☐	Insincere
Honest	☐	☐	☐	☐	☐	Dishonest
Willing to admit faults	☐	☐	☐	☐	☐	Self-righteous
Humble	☐	☐	☐	☐	☐	Arrogant
Calm	☐	☐	☐	☐	☐	Worrisome
Relaxed	☐	☐	☐	☐	☐	Tense
Confident, having faith	☐	☐	☐	☐	☐	Fearful, apprehensive
Hopeful	☐	☐	☐	☐	☐	Despondent
Living for today	☐	☐	☐	☐	☐	Living in the past, worrying about the future
Industrious	☐	☐	☐	☐	☐	Lazy

Prompt	☐	☐	☐	☐	☐	Procrastinating
Purposeful	☐	☐	☐	☐	☐	Aimless
Responsible	☐	☐	☐	☐	☐	Irresponsible
Using talents and abilities	☐	☐	☐	☐	☐	Disinterested in self
Thankful	☐	☐	☐	☐	☐	Ungrateful
Willing to continue to seek emotional and spiritual balance	☐	☐	☐	☐	☐	Smug, complacent

Findings

By noting where I am right now on this list of character traits, what have I learned about myself?