



CHARACTER CHECKLIST



Used in conjunction with the questions in the section entitled "Character Traits," this checklist can give us an idea of where we see ourselves in relation to these traits. Although we tend to lean toward one trait or another, we will probably find that we fluctuate between the extremes listed here. Again, our goal is progress not perfection.

DATE: 12/16

Place a checkmark where you see yourself today.

Aware of others	<input type="checkbox"/>	Self-centered				
Helpful to others	<input type="checkbox"/>	Self-indulgent				
Generous	<input type="checkbox"/>	Selfish				
Thoughtful	<input type="checkbox"/>	Self-pitying				
Open-minded, gracious	<input type="checkbox"/>	Smug, stubborn				
Perceptive	<input type="checkbox"/>	Judgmental				
Respectful	<input type="checkbox"/>	Disrespectful				
Patient	<input type="checkbox"/>	Impatient				
Tolerant	<input type="checkbox"/>	Intolerant				
Realistic	<input type="checkbox"/>	Unrealistic				
Reasonable	<input type="checkbox"/>	Unreasonable				
Assertive	<input type="checkbox"/>	Submissive				
Cooperative	<input type="checkbox"/>	Domineering				
Outgoing	<input type="checkbox"/>	Withdrawn				
Forgiving	<input type="checkbox"/>	Resentful				
Trusting	<input type="checkbox"/>	Suspicious				

Prompt	<input type="checkbox"/>	Procrastinating				
Purposeful	<input type="checkbox"/>	Aimless				
Responsible	<input type="checkbox"/>	Irresponsible				
Using talents and abilities	<input type="checkbox"/>	Disinterested in self				
Thankful	<input type="checkbox"/>	Ungrateful				
Willing to continue to seek emotional and spiritual balance	<input type="checkbox"/>	Smug, complacent				

Findings

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