

Character Traits Inventory

Read each pair of sentences. Check the ONE from each pair that describes you. Or check BOTH sentences if you believe that you already have a particular trait or quality but would like to develop it further.

- | | |
|---|--|
| 1. <input type="checkbox"/> I have positive attitudes. | <input type="checkbox"/> I'd like to have better attitudes. |
| 2. <input type="checkbox"/> I'm kind and I care about helping others. | <input type="checkbox"/> I need to be kinder and more caring. |
| 3. <input type="checkbox"/> I accept responsibility for the choices I make. | <input type="checkbox"/> I want to learn how to accept responsibility for my choices. |
| 4. <input type="checkbox"/> I'm a good citizen and an involved member of my community. | <input type="checkbox"/> I want to be a better citizen and more involved in my community |
| 5. <input type="checkbox"/> I keep my body clean. | <input type="checkbox"/> I need to work on my personal hygiene. |
| 6. <input type="checkbox"/> I have clean habits and a clean mind. | <input type="checkbox"/> I'd like to have more positive habits, thoughts, and influences. |
| 7. <input type="checkbox"/> I communicate well with others. | <input type="checkbox"/> I'd like to be a better communicator. |
| 8. <input type="checkbox"/> I work to conserve things and resources, and I'm thrifty. | <input type="checkbox"/> I need to conserve and save better than I do. |
| 9. <input type="checkbox"/> I have the courage to do and become what I want to be. | <input type="checkbox"/> I'd like to be more courageous. |
| 10. <input type="checkbox"/> I have empathy (deep understanding) for others. | <input type="checkbox"/> I need to be more empathetic. |
| 11. <input type="checkbox"/> I have endurance and patience, even in tough times. | <input type="checkbox"/> I need more endurance and patience. |
| 12. <input type="checkbox"/> I'm able to forgive others and myself. | <input type="checkbox"/> I want to learn how to forgive more easily. |
| 13. <input type="checkbox"/> I'm physically, mentally, and emotionally healthy. | <input type="checkbox"/> I want to be more physically, mentally, and emotionally healthy. |
| 14. <input type="checkbox"/> I'm honest and trustworthy. | <input type="checkbox"/> I need to be more honest and trustworthy. |
| 15. <input type="checkbox"/> I'm a risk taker, and I have good imagination skills. | <input type="checkbox"/> I'd like to take positive risks more easily or improve my imagination skills. |
| 16. <input type="checkbox"/> I have integrity. I "walk as I talk." | <input type="checkbox"/> I want to develop my integrity. |
| 17. <input type="checkbox"/> I'm tolerant and fair with others. | <input type="checkbox"/> I need to be more tolerant and fair. |
| 18. <input type="checkbox"/> I'm a good leader. | <input type="checkbox"/> I'd like to be a better leader. |
| 19. <input type="checkbox"/> I'm a good follower. | <input type="checkbox"/> I need to be a better follower. |
| 20. <input type="checkbox"/> I know when to be loyal and/or obedient. | <input type="checkbox"/> I'd like to be more loyal and/or obedient. |
| 21. <input type="checkbox"/> I'm a calm and peaceful person. | <input type="checkbox"/> I need to become more calm and/or peaceful. |
| 22. <input type="checkbox"/> I'm a good problem solver. | <input type="checkbox"/> I want to be a better problem solver. |
| 23. <input type="checkbox"/> I have direction and purpose in my life. | <input type="checkbox"/> I'd like to have more direction or purpose in my life. |
| 24. <input type="checkbox"/> I'm friendly and have healthy, positive relationships with others. | <input type="checkbox"/> I'd like to be more friendly and to have better relationships with others. |
| 25. <input type="checkbox"/> I treat others with respect and courtesy. | <input type="checkbox"/> I need to be more respectful and courteous. |
| 26. <input type="checkbox"/> I'm responsible and hard-working. | <input type="checkbox"/> I want to develop my sense of responsibility and my work ethic. |
| 27. <input type="checkbox"/> I practice safety measures in my life. | <input type="checkbox"/> I'd like to be more cautious and safety-conscious. |
| 28. <input type="checkbox"/> I'm self-disciplined. | <input type="checkbox"/> I want to be more self-disciplined. |
| 29. <input type="checkbox"/> I have wisdom. | <input type="checkbox"/> I want to develop my wisdom. |