

Tools of Maturity Checklist

Choose 5-10 qualities that you'd like to attend to, and score your current level of skill and your goal.

Scoring: 0 = None, 3 = Little, 5 = Average, 7 = Good, 10 = Established

The Body	Now	Goal	End
P-1. Enthusiasm: brings high energy to activities regardless of likes and dislikes			
P-2. Relaxation: able to release stress and tension			
P-3. Exercise: gets plenty of physical activity			
P-4. Posture: keeps spine erect in sitting, standing, and moving			
P-5. Diet: eats well-balanced meals with minimal junk food and sugar			
P-6. Cleanliness: has good personal habits of bathing, brushing teeth, etc.			
P-7. Physical Appearance: dresses appropriately; is neat, clean, and modest			
P-8. Orderliness: takes the time to organize schoolwork, room, etc.			
Feelings			
E-1. Self-Respect: being at peace with oneself, contented			
E-2. Cheerful and Even-Minded: positive attitude, can overcome negative moods			
E-3. Practical Sympathy: finds useful ways to attend to the needs and feelings of others			
E-4. Generosity: freely shares possessions, talents, and time			
E-5. Gratitude: shows appreciation to benefactors			
E-6. Sensitivity: appreciation for beauty in environment, music, etc.			
E-7. Intuition/Moral Sense: able to feel the difference between right and wrong			
E-8. Inner Awareness: appreciates states of peace, joy, calmness, love, etc.			
Will Power			
W-1. Perseverance: continues effort when confronted with difficulties			
W-2. Concentration: able to ignore distractions			
W-3. Self-Control: able to direct actions in positive ways and avoid negative behavior			
W-4. Responsibility: fulfills duties, schoolwork, and promises in a timely manner			
W-5. Respect for Wisdom-Guided Authority: can recognize and follow good guidance			
W-6. Initiative: responds to challenges with creativity and enthusiasm			
W-7. Courage: willing to stand up for truth			
W-8. Aspiration: strives to improve			
Intellect			
I-1. Reasoning: ability to think things through clearly			
I-2. Truthfulness: aligns thoughts & actions with truth, avoids rationalization & lying			
I-3. Tolerance: respects and appreciates different points of view, open-mindedness			
I-4. Introspection: analyzes personal behavior for appropriate motives and effects			
I-5. Humor/Playfulness: ability to find amusing and uplifting perspectives			
I-6. Intellectual Curiosity: asks questions and seeks answers			
I-7. Strength of Memory: able to memorize and retain information			
I-8. Originality: shows genuine creativity in projects and activities			

Name _____

Start Date _____ End Date
(6/11)