

A Personal Inventory of My Potential

Rate yourself according to each statement on a scale of 1 to 10, with 10 signifying the highest achievement of your potential.	1	2	3	4	5	6	7	8	9	10
I use my time to the best of my ability.										
I use my physical energy to its full potential.										
I eat the healthiest possible diet.										
I generously share my time and talent with others.										
I give my family the time and respect that they deserve.										
I always treat my friends the way I would want to be treated.										
I generously give my time for prayer and worship.										
I take advantage of opportunities to learn about my faith.										
I take advantage of opportunities to learn about the plight of those who suffer most in the world.										
I make wise use of opportunities to exercise my body.										
I act chastely toward members of the opposite sex.										
I take advantage of opportunities to learn about different cultures and religions.										
I treat all people with respect, regardless of race, gender, religion, sexual orientation, age, or social status.										



I take advantage of opportunities to learn about and appreciate my culture through music, dance, and the arts.									
I take adequate time to patiently reflect on where my life is going and how well I am achieving my potential.									
I am one of the first people to volunteer when help is needed and when I am able to assist.									
I have an excellent work ethic.									
I always humbly accept opportunities to learn from others who are more knowledgeable and wiser than me.									
I do everything possible to avoid temptations and evil.									
I do everything possible to live my life with love.									

In which of the areas do you need to improve the most? Discuss with your group the areas in which you need and want to develop your potential. What would help you to accomplish your goals?

