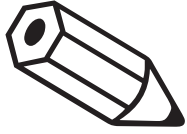


# A MATURITY CHECKLIST



Listed below are some of the qualities that a mature person will possess to some degree. None of us possess all these qualities fully, but together they represent a standard by which we can evaluate the person we are and the person we are becoming. Read each statement and put a check in the column that most accurately describes how well developed this quality is in you. Be honest. No one will see this sheet but you.

	Is a real strong point	Is doing pretty well	Is okay	Needs improvement	Needs a lot of work!
1. capacity to accept failure					
2. balance between thoughts and feelings, so that neither controls me totally					
3. respect for the past, present, and future					
4. ability to recognize the uniqueness in all people					
5. sense of humor					
6. compassion—the ability to identify with other’s feelings					
7. love for children					
8. appreciation of beauty					
9. ability to meet others without suspicion					
10. ability to recognize the splendor of the commonplace—acceptance of some routine in life					
11. enthusiasm and excitement					
12. ability to draw the best out of people					

## A Maturity Checklist, *continued*

	Is a real strong point	Is doing pretty well	Is okay	Needs improvement	Needs a lot of work!
13. openness to mystery—realizing I don't know it all					
14. acceptance of the need for authority					
15. perseverance					
16. ability to forgive others					
17. belief that people are basically good at heart					
18. capacity for worship—ability to sense the sacred part of life					
19. capacity for silence and solitude					
20. ability to adapt to change					
21. commitment to physical well being					
22. ability to recognize that my actions affect other people—those close to me and those I don't know					
23. capacity for trusting and being trusted					
24. acceptance of personal responsibility					
25. desire to make a difference in the community and in the world					