

# INNER VOICE

## Weekly Character Asset Checklist

Starting Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

(Start your week on the day that works best for you)

*Each day, rate your behavior in each category using this scale:*

O = Doing well or making progress
X = Need improvement in this area

*At the end of the week, compare your ratio of "O's" to "X's" and use the Weekly Character Asset Analysis to evaluate your personal development.*

CHARACTER ASSET/BEHAVIOR	S	M	T	W	T	F	S
Conscious contact with Inner Voice							
Honest with self							
Honest with others							
Open-minded							
Non-judgmental							
Complimentary, give credit, praise to others							
Discreet, respect confidences							
Polite, courteous, considerate							
Humble							
Grateful, not envious or jealous							
Moderate, not gluttonous							
Initiative, not lazy, not procrastinating							
Unselfish, generous							
Trusting							
Forgiving							
Sincere, straightforward, not manipulative							
Act with integrity and responsibility							
Kind, nice, not sarcastic							
Positive, optimistic							

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## Weekly Character Asset Analysis

Top three areas in which I have made progress:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Top three areas in which I need improvement:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Action plan and notes to self for next week:

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