

CHARACTER AUDIT

Instructions:

- For each statement, answer Yes / Sometimes / No
- Be brutally honest (this is for your growth, and no one will see it but you!)
- Focus on observable actions, not intentions or feelings alone.

SPIRITUAL PRACTICES

Statement	Yes	Sometimes	No
I prayed at least once every day this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I read or studied Scripture at least 3 times this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned about and worshiped God in community this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I reflected on what God is teaching me this week (journal, meditation, conversation).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL INTEGRITY

Statement	Yes	Sometimes	No
I was honest in all situations, even when it was uncomfortable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Statement	Yes	Sometimes	No
I admitted a mistake or took responsibility for my actions this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I managed my impulses, emotions, and reactions under stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoided doing things just to protect my image or reputation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall, my private life matches my public life. People would not be surprised to see what goes on "behind-the-scenes."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RELATIONSHIPS & COMMUNITY

Statement	Yes	Sometimes	No
I actively listened without interrupting or immediately giving advice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Statement	Yes	Sometimes	No
I forgave or let go of a grudge this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I served someone without expecting recognition or reward.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I checked in on someone struggling or in need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I encouraged or spoke life into someone who needed it this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COURAGE, HUMILITY & SELF-AWARENESS

Statement	Yes	Sometimes	No
I spoke up or contributed even when I felt nervous or unsure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I admitted when I didn't know something instead of pretending.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I asked for help when I needed it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Statement	Yes	Sometimes	No
I handled constructive criticism without becoming defensive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoided actions motivated by fear of embarrassment or rejection.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LEADERSHIP & MINISTRY SKILLS

Statement	Yes	Sometimes	No
I arrived on time for all ministry duties, work, classes, or meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I prepared adequately for a teaching, serving, or leadership opportunity this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I followed through on commitments without reminders.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I helped solve a problem proactively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SPIRITUAL RESILIENCE & GROWTH

Statement	Yes	Sometimes	No
I trusted God instead of worrying when faced with a challenge this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I persevered in spiritual disciplines even when tired or discouraged.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY LIFE & HABITS

Statement	Yes	Sometimes	No
I got enough rest to function well for my responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I exercised or cared for my body this week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ate in a way that fuels my mind and body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I used social media and devices intentionally, not to waste time, compare, or impress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION

3 strengths I see in myself:

3 areas I want to grow:

One concrete action I will take this week to grow: