

A Maturity Checklist

Directions: Listed below are some of the qualities that one educator says a mature person will possess to some degree. Certainly none of us possesses all of these qualities fully, but together they represent a standard by which we can evaluate how we have been doing in life to this point, and they can help give us direction for the future. Read each statement and then to the right of it put a check in the column that most accurately describes you.

	A real strong point	Doing pretty well	Okay	Needs improvement	I need 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—all three					
4) Ability to recognize the uniqueness of all people					
5) A sense of humor					
6) Compassion—the ability to identify with others' feelings					
7) Love for young 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					
13) Openness to mystery—realizing I don't know it all					

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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					