



THE SEVEN VIRTUES ASSESSMENT



"REFINE YOUR SOUL."

DATE: _____

INSTRUCTIONS

RATE YOURSELF HONESTLY FROM 1-10.

THIS IS NOT A TEST OF PERFECTION.

IT IS A TOOL FOR AWARENESS, ACCOUNTABILITY, AND REFINEMENT.

STRENGTH

DO I FACE CHALLENGES DIRECTLY?

DO I ENDURE DISCOMFORT WHEN NECESSARY?

DO I REMAIN STEADY UNDER PRESSURE?

SCORE: ____ /10

NOTES:

BELIEF

DO I BELIEVE IMPROVEMENT IS POSSIBLE?

DO I MAINTAIN HOPE DURING DIFFICULTY?

DO I TRUST MY PRINCIPLES AND CONVICTIONS?

SCORE: ____ /10

NOTES:

HONOUR

DO MY ACTIONS MATCH MY VALUES?

DO I KEEP MY WORD?

DO I ACT WITH INTEGRITY WHEN NOBODY IS WATCHING?

SCORE: ____ /10

NOTES:

DISCIPLINE

DO I DO WHAT MUST BE DONE REGARDLESS OF MOOD?

DO I FOLLOW THROUGH ON COMMITMENTS?

DO I CONTROL DISTRACTIONS AND IMPULSES?

SCORE: ____ /10

NOTES:

 WISDOM

DO I SEEK UNDERSTANDING BEFORE REACTING?

DO I LEARN FROM MISTAKES?

DO I MAKE THOUGHTFUL DECISIONS?

SCORE: ____ /10

NOTES:

 COMPASSION

DO I TREAT OTHERS FAIRLY?

DO I SHOW PATIENCE AND UNDERSTANDING?

DO I ACT WITH KINDNESS WITHOUT ABANDONING STRENGTH?

SCORE: ____ /10

NOTES:

 PURPOSE

DO I KNOW WHAT I AM BUILDING?

DO MY DAILY ACTIONS MOVE ME TOWARD THAT AIM?

AM I LIVING INTENTIONALLY?

SCORE: ____ /10

NOTES:

 RESULTS

STRONGEST VIRTUE:

VIRTUE REQUIRING ATTENTION:

MOST IMPROVED VIRTUE:

VIRTUE TO FOCUS ON NEXT:

 ACTION PLAN

THIS WEEK I WILL FOCUS ON:

- ☐ STRENGTH
- ☐ BELIEF
- ☐ HONOUR
- ☐ DISCIPLINE
- ☐ WISDOM
- ☐ COMPASSION
- ☐ PURPOSE

WHY?

 FINAL SEAL

A GIFT OF THE HEART IS STRENGTH AND
BELIEF.

TODAY I CHOOSE TO STRENGTHEN WHAT
IS WEAK AND MAINTAIN WHAT IS STRONG.

SIGNATURE: _____

STRENGTHANDBELIEF.COM