

# SIGNS OF MATURITY

On a scale of 1-5 [1 meaning Needs Work, 5 meaning Adept Trait] examine your heart through the following list:

1 2 3 4 5

Not bowled over by one's own *emotions* [fears, anger, love, jealousy, guilt, worries, failures, disappointments]

1 2 3 4 5

*Self-knowledge* without excessive introspection, morbidity or undue feelings of superiority or inferiority

1 2 3 4 5

Ability to *laugh* at oneself

1 2 3 4 5

Feeling able to deal with most *situations* in life

1 2 3 4 5

Ability to enjoy *pleasures*, including the physical, without giving them undue prominence

1 2 3 4 5

Acceptance of one's shortcomings with the *tolerance* one might give to others [without condoning faults]

1 2 3 4 5

Controlled *desire*, turned into *creative* channels

1 2 3 4 5

Neither underestimate nor overestimate one's *abilities*, but live cheerfully within necessary limits

1 2 3 4 5

Ability to accept *criticism*, examine it, discard most of it and remedy real faults [without holding resentments]

1 2 3 4 5

Carrying oneself with *self-respect*

Content was excerpted from unpublished documents found in the official papers of E. Stanley Jones in the archives of the B. L. Fisher Library at Asbury Theological Seminary.



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