The Whole Person Inventory

Check qualities you actively demonstrate in daily life. Then circle qualities that you want to strengthen.

☐ Spontaneous
☐ Open to your own experience of life
☐ Able to experience all of your feelings
☐ Undefended and self-accepting
☐ The courage to be imperfect
☐ Non-judgmental with others
☐ Living more completely in the moment
☐ A clear sense of purpose
☐ Trusting your own judgment in finding your best available answer to any situation

☐ Creative, curious, and interested in learning
☐ A good listener
☐ Unconditionally loving
☐ Constructive in your response
☐ Collaborative and democratic
☐ Open to other people’s ideas and points of view but not governed by them
☐ Empathic and compassionate
☐ Able to forgive
☐ Able to give and receive appreciation and admiration
☐ The capacity to retreat into the quiet of your own being