



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