



Is This a Lousy Job or Is It Me?

Individual Reflection and Planning Worksheet

Based upon the Stage of Character Development Questionnaire, which stage are you most likely in at work?

For the mental and moral qualities listed in the table below indicate one of the following for each:

- Underdeveloped for your current stage of character development (U)
- Effective for your current stage of character development (E)
- Over-relied upon for your current stage of current development (O)

Mental Qualities The ability to...	U, E, or O
Reason Consciously applying logic to seek truth and draw conclusions from new or existing information. Selecting and assessing evidence, creating, and testing hypotheses, weighing competing arguments, evaluating means and ends, developing and applying mental shortcuts.	
Make Decisions The act of choosing between two or more courses of action. Decisions need to be capable of being implemented, whether on a personal or organizational level.	
Focus To concentrate on something in your environment and direct mental effort toward it.	
Anticipate To see what could happen ahead of time so you can be better prepared to take advantage of any new opportunities or avoid any potential challenges.	
Choose Your Responses To respond to any stimulus using conscious choice rather than to react based upon circumstance, environment, or habit.	
Demonstrate Confidence Trust in your own judgment, capacities, and abilities. Valuing yourself and feeling worthy, regardless of any imperfections or what others may believe about you.	
Be Resilient To withstand adversity and bounce back from difficult life events.	
Create To transcend traditional ways of thinking or acting, and to develop new and original ideas, methods, or objects.	
Adapt To adjust to changes in your environment. To respond quickly to changing ideas, responsibilities, expectations, trends, strategies, and other processes.	

