

CHARACTER IS DESTINY

Awareness Exercise

Worksheet

The purpose of this exercise is to become more aware of choices you make every day.

You will probably notice you make a lot of choices unconsciously without thinking of the consequences.

You will also have a clearer picture of what choices you are now making that support you in the way you want and how some of your choices may be undermining your success.

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

DETAILS:

Character Worksheet

Estimated time:

Ten Minutes

Intended for:

- Anyone who wants to get a clear picture of their life choices
- To be more aware of conscious choices
- To be aware of your unconscious choices
- To see notice how your choices are stacking up in your life and what possibly can be a better choice

Upon completing this exercise:

You will have a clearer picture of your choices.

Materials required:

1. Choices (PDF) available **HERE**.
2. Printer.

Prerequisites:

None.

CHARACTER IS DESTINY

Awareness Exercise

Look at the character traits below and check the ones that apply to you. Notice traits you lack that would be good to cultivate. Show a friend your selection to see if he/she agrees with your selection.

✓	Positive Character Traits	Opposite Negative Character Traits	✓
	Adept, highly skilled.	Incapable, unskilled, naïve	
	Animated (expressive)	Lifeless	
	Appreciative, able to express feelings	Shows no appreciation. Takes things for granted.	
	Assertive, able to speak up; action oriented	Afraid to speak up, fearful of offending	
	Attentive, present, focuses on task at hand	Scattered, easily distracted, unfocused	
	Authoritative, knows what he/she wants/ asks	Weak, unreliable, wishy-washy	
	Aware (informed, conscious, vigilant)	Ignorant, ignores facts, unconscious	
	Calm (has a sense of security in self)	Agitated, turbulent, insecure	
	Candid (not afraid to be vulnerable)	Guarded, secretive, afraid to disclose feelings	
	Committed, wholehearted dedication	Unable to commit, lacks heart for objective	
	Compassionate (feelings for)	Unfeeling (doesn't matter, doesn't relate to)	
	Confidence (self-trust)	Timid (unsure of self)	
	Cooperative	Difficult to deal with	
	Creative	Unimaginative, not resourceful	
	Decisive (knows wants/needs)	Indecisive, uncertain, wishy-washy, Indecisive	
	Emotional genius, directs feelings	Afraid of feelings (avoids with addictions)	
	Empathy (concern for others)	Indifferent, cold, uncaring (afraid to show caring)	
	Energetic (dynamic)	Lethargic, lazy	
	Enthusiastic (spirit-filled), motivated	Apathetic and unmotivated	
	Excellent (a person of excellence)	Mediocre, poor	
	Focused	Aimless, scatterbrained, adrift	
	Harmonious	Discordant, hostile	
	Honorable (behavior) impeccable standards	Immoral (shameful behavior)	
	Integrity (incorruptible)	Corruptible (can be bought) no moral code	
	Knowledgeable (intelligence)	Ignorant (low intelligence)	
	Loyal (faithful, unswerving in allegiance)	Unfaithful, not adhering to vows or allegiance	
	Motivated	Discouraged, no get up and go, apathetic	
	Organized	Can't get it together, in disarray	
	Patient	Easily agitated and provoked, loses temper easily	
	Persistent, keeps on no matter what	Gives up easily (at first sign of trouble), irresolute	
	Professional (learned in work being done)	Amateur (inexperienced, not adept)	
	Punctual (shows respect for other people's time)	Late, never on time, disregard for others	
	Purposeful, aspires	No purpose, aimless, no aspirations	
	Reliable (can be counted on keeping word)	Undependable, can't trust to keep word	
	Resourceful, ability to handle things	Unimaginative, gets stuck, gives up easily	
	Responsible	Irresponsible, blames, makes excuses	
	Sophisticated (refined knowledge)	Crude, unknowledgeable	
	Strong	Weak, fragile, insipid	
	Thorough (carried through to completion)	Half-way, partial, incomplete, job bungled	
	Unique	Common	
	Versatile	Limited, inflexible	
	Vigorous	Feeble	