



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?

What is the moral of the stage of character development that you are 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 for your current stage of character development (E)
- Over-relied upon for your current stage of current development (O)

| Mental Qualities The ability to... | Development Status U, E, or O |
|--|--|
| Reason | |
| Make decisions | |
| Focus | |
| Anticipate | |
| Choose your responses | |
| Demonstrate confidence | |
| Be resilient | |
| Create | |
| Adapt | |
| Moral Qualities | Development Status U, E, or O |
| Honesty | |
| Integrity | |
| Fairness | |
| Courage | |
| Respect for self | |
| Respect for others | |
| Fortitude | |
| Loyalty | |



List the mental and moral qualities that you identified as underdeveloped (U). For each underdeveloped quality you list, identify the benefits of developing it. Then, outline ideas for developing each of those mental or moral qualities.

List the mental and moral qualities that you identified as over-relied upon (O). For each over-relied upon quality you list, identify reasons why you may be using it to the exclusion of other mental and moral qualities. Then, outline ideas for regulating each of those mental or moral qualities, including, if appropriate, which other mental or moral qualities that you may want to incorporate into your character profile instead.
