

# Self-evaluation Character Survey

Circle the number (1 = seldom or never, 2 = sometimes, 3 = often) that corresponds with your behaviors for each statement. After completing the 10 statements for each trait, add the circled numbers for each category and write the answer in the blank.

<b>HONESTY</b>	SELDOM	SOMETIMES	OFTEN
1. Obey school rules .....	1 .....	2 .....	3
2. Tell the truth to teachers.....	1 .....	2 .....	3
3. Refuse to cheat on tests or copy someone's report .....	1 .....	2 .....	3
4. Resist the temptation to shoplift .....	1 .....	2 .....	3
5. Tell the truth to parents .....	1 .....	2 .....	3
6. Tell the truth to friends .....	1 .....	2 .....	3
7. Refuse to exaggerate your accomplishments .....	1 .....	2 .....	3
8. Admit it when you make a mistake .....	1 .....	2 .....	3
9. Keep your promises.....	1 .....	2 .....	3
10. Tell the truth to others .....	1 .....	2 .....	3

Adding the circled numbers, my overall rating of honesty based on the checklist above is \_\_\_\_\_

<b>RESPECT</b>	SELDOM	SOMETIMES	OFTEN
1. Respect family rules .....	1 .....	2 .....	3
2. Respect the privacy of other people's letters, diaries, etc. ....	1 .....	2 .....	3
3. Respect teachers, parents, or authority figures.....	1 .....	2 .....	3
4. Respect elders.....	1 .....	2 .....	3
5. Let others speak without interruption .....	1 .....	2 .....	3
6. Treat others as if they matter .....	1 .....	2 .....	3
7. Get permission before you use things, return borrowed items.....	1 .....	2 .....	3
8. Respect your body by refusing to use alcohol or other drugs.....	1 .....	2 .....	3
9. Refuse to gossip about others.....	1 .....	2 .....	3
10. Obey parents and teachers .....	1 .....	2 .....	3

Adding the circled numbers, my overall rating of respect based on the checklist above is \_\_\_\_\_

<b>COURAGE</b>	SELDOM	SOMETIMES	OFTEN
1. Attempt things without being afraid of failing.....	1 .....	2 .....	3
2. Stand up for things you believe.....	1 .....	2 .....	3
3. Admit your mistakes .....	1 .....	2 .....	3
4. Do what's right even if nobody else does .....	1 .....	2 .....	3
5. Do the right thing and not the easy thing.....	1 .....	2 .....	3
6. Refuse to let other people's ridicule determine what you do .....	1 .....	2 .....	3
7. Confront others when they hurt someone.....	1 .....	2 .....	3
8. Refuse to drink, smoke, or engage in other drugs.....	1 .....	2 .....	3
9. Ask for help when you need it .....	1 .....	2 .....	3
10. Keep trying even when things go wrong .....	1 .....	2 .....	3

Adding the circled numbers, my overall rating of courage based on the checklist above is \_\_\_\_\_

# Character Survey / continued

<b>SELF-CONTROL</b>	SELDOM	SOMETIMES	OFTEN
1. Avoid taking on more things than you can handle .....	1	2	3
2. Keep control when you feel hurt or angry.....	1	2	3
3. Consistently live by the standards that you have set for yourself .....	1	2	3
4. Complete your tasks promptly.....	1	2	3
5. Let possible "harm" to others influence what you do .....	1	2	3
6. Obey rules at home and school .....	1	2	3
7. Behave well even when you aren't being watched .....	1	2	3
8. Control your feelings when you're angry at a family member .....	1	2	3
9. Speak and act calmly when someone has angered you .....	1	2	3
10. Resist negative peer pressure.....	1	2	3

Adding the circled numbers, my overall rating of self-control based on the checklist above is \_\_\_\_\_

<b>JUSTICE</b>	SELDOM	SOMETIMES	OFTEN
1. Refuse to talk behind someone's back.....	1	2	3
2. Hear another person's side of the story before accusing them.....	1	2	3
3. Stand up for someone who is getting hurt.....	1	2	3
4. Refuse to try to get away with things that are wrong.....	1	2	3
5. Treat people fairly no matter how they look .....	1	2	3
6. Share fairly with others .....	1	2	3
7. Look for truth by investigating things for yourself .....	1	2	3
8. See people as individuals and not objects.....	1	2	3
9. Stand up for your rights and the rights of others .....	1	2	3
10. Reward or recognize when someone is doing something right.....	1	2	3

Adding the circled numbers, my overall rating of justice based on the checklist above is \_\_\_\_\_

<b>HUMILITY</b>	SELDOM	SOMETIMES	OFTEN
1. Consider other people as important as yourself.....	1	2	3
2. Refuse to criticize others.....	1	2	3
3. Learn from your mistakes.....	1	2	3
4. Refuse to boast about your accomplishments .....	1	2	3
5. Do things without being concerned about what others think.....	1	2	3
6. Ask for help when you need it .....	1	2	3
7. Recognize the contributions of others.....	1	2	3
8. Focus on your own growth, not on the faults of others.....	1	2	3
9. Refuse to worry about what others think about you.....	1	2	3
10. Accept some mistakes in yourself and others.....	1	2	3

Adding the circled numbers, my overall rating of humility based on the checklist above is \_\_\_\_\_

## Character Survey / continued

<b>RESPONSIBILITY</b>	SELDOM	SOMETIMES	OFTEN
1. Teachers, parents, and coaches can depend on you.....	1	2	3
2. Accept correction when you do things wrong .....	1	2	3
3. Keep agreements and promises .....	1	2	3
4. Refuse to make excuses to get off the hook .....	1	2	3
5. Do things to the best of your ability .....	1	2	3
6. Refuse to do things that are beyond your ability.....	1	2	3
7. Take things seriously, not as a joke or a game .....	1	2	3
8. Finish household chores and school assignments.....	1	2	3
9. Look after children who are younger than you .....	1	2	3
10. Get to places on time .....	1	2	3

Adding the circled numbers, my overall rating of responsibility based on the checklist above is \_\_\_\_\_

<b>KINDNESS</b>	SELDOM	SOMETIMES	OFTEN
1. Concerned about the welfare of friends and family members.....	1	2	3
2. Show love to a sad friend or family member.....	1	2	3
3. Think of things that would make others happy.....	1	2	3
4. Resist the temptation to be cruel to a family member .....	1	2	3
5. Take care of your pet or hurt animals.....	1	2	3
6. Show kindness to someone you don't like.....	1	2	3
7. Respect someone who is different.....	1	2	3
8. Help someone without expecting something in return.....	1	2	3
9. Be kind to someone who is not kind to you.....	1	2	3
10. Don't remind others of how much you have helped or given.....	1	2	3

Adding the circled numbers, my overall rating of kindness based on the checklist above is \_\_\_\_\_

### **INTERPRETING YOUR SCORES:**

If your score for any trait was...

- 10 to 17    You have plenty of room for improvement. Most of your decisions seem to be self-centered and immature. Try using the Golden Rule (treat people as you want to be treated). Your score will greatly improve.
- 18 to 22    You are doing well. Analyze your decision making and determine if you are taking unnecessary risks with yourself and others.
- 23 to 30    Keep up the good work.

Practicing positive and healthy character traits is a life-long job. If you establish good habits as a young person, they will likely stay with you through to mature adulthood.

Adapted with permission of The National Center for Youth Issues, Chattanooga, TN