



The Character Reflection

A quiet inventory of the qualities that shape how we love, communicate, respond, and grow.

GRATITUDE • HUMILITY • ACCOUNTABILITY • SELF-CONTROL
LOYALTY • EMOTIONAL MATURITY • PEACEFULNESS • INTEGRITY

This is not a test, and there is no score to earn. Read each question slowly. Notice where you feel resistance, where an answer comes easily, and where you may be ready to grow.

The goal is not perfection. It is honest reflection—followed by one intentional step.

01 Where am I quickest to become defensive?

02 Do I apologize readily when I know I've caused hurt?

03 How do I speak about people I love when they aren't present?

04 When I'm disappointed, do I communicate—or punish?

05 Where am I asking others to change something I haven't been willing to examine in myself?

06 When I seek advice, am I looking for clarity—or confirmation?



FROM REFLECTION TO PRACTICE

Choose One Thing

*Character is shaped less by what we intend to become than
by what we repeatedly practice.*

ONE QUALITY I WANT TO CULTIVATE MORE INTENTIONALLY:

ONE SMALL WAY I CAN PRACTICE IT THIS WEEK:

A few questions to carry with you:

- What would this quality look like in an ordinary moment?
- What tends to pull me away from it?
- What could help me pause long enough to choose differently?

Grace begins within.

Growth rarely announces itself dramatically. More often, it looks like a quieter response,
a quicker apology, a guarded confidence, a generous interpretation, or the decision to
choose wisdom over impulse.



Return to this reflection whenever you want to take an honest look at
the character you are cultivating.