

Character Index

Instructions:

Please rate your level of agreement with each of the following statements on a scale from 1 (*not at all like me*) to 10 (*exactly like me*) both **NOW**, *at the end of this program*, and **BEFORE** *this program began*. You can type/write your answer in the “Rating” column. This index gives you information about yourself, so there are no “right” or “wrong” answers. We value your honest opinion. If you are unsure, select the option that best represents your view. Please respond to each statement.

	<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
1. In the face of conflicting evidence, I am open to changing my opinions.	_____	_____
2. I am willing to learn from others.	_____	_____
3. I'm the kind of person who is willing to go the "extra mile" to help take care of my friends, relatives, and acquaintances.	_____	_____
4. I have so much in life to be thankful for.	_____	_____
5. When I think of what others have done for me in my life, it makes me appreciate God even more.	_____	_____
6. Everything I have comes from God.	_____	_____
7. I am patient with other people.	_____	_____
8. I am patient during life's hardships.	_____	_____
9. Although they're annoying, I don't get too upset when stuck in a traffic jam.	_____	_____
10. I am good at resisting temptation.	_____	_____
11. Even if something scares me, I will not back down.	_____	_____
12. My life as a whole has meaning.	_____	_____
13. I can make sense of the things that happen in my life.	_____	_____
14. I have a good sense of what I am trying to accomplish in life.	_____	_____
15. Even considering how big the universe is, I can say that my life matters.	_____	_____
16. I hope to make a meaningful contribution to the broader world.	_____	_____

Now compute your Character Index scores! Add up your scores in each column separately and divide each column's sum by 16 to compute the average:

NOW

Character Index Score: _____

BEFORE

Character Index Score: _____