





TOOLS OF MATURITY CHECKLIST PARENT

Name _____ Start Date _____ End Date _____

Score students on a scale from 1 to 12 (1 = no skill, 12 = established)

The Body									
P-1 Gaining Control of Your Diet									
P-2 Getting Up in the Morning									
P-3a Healthy Habits: Exercise									
P-3b Healthy Habits: Posture									
P-3c Healthy Habits: Cleanliness									
P-3d Healthy Habits: Physical Appearance									
Feelings									
F-1 Making Friends									
F-2a Choosing Happiness: Attitude									
F-2b Choosing Happiness: Humor									
F-3a Practicing Peace: Contentment									
F-3b Practicing Peace: Self-Respect									
F-4 Nurturing Even-Mindedness:									
F-5 Working with Others									
F-6 Expanding Sensitivity									
Will Power									
W-1 Living Truth									
W-2a Building Will Power: Self-Control									
W-2b Building Will Power: Initiative									
W-2c Building Will Power: Perseverance									
W-2d Building Will Power: Orderliness									
W-2e Building Will Power: Punctuality									
W-3 Cultivating Courage									
Intellect									
I-1 Developing Concentration									
I-2 Exploring Flexibility									
I-3a Sharpening the Mind: Attentiveness									
I-3b Sharpening the Mind: Introspection									
I-3c Sharpening the Mind: Memory									
I-3d Sharpening the Mind: Reasoning									
I-3e Sharpening the Mind: Imagination									