Spiritual Progress Checklist

We have the right to grow and change. Use this checklist to set goals. Add some.

We don't measure ourselves by others' pain or progress!

- ☐ I am able to give and receive unconditional love.
- ☐ I accept success; I receive praise and recognition gracefully.
- ☐ I recognize and avoid abusive behavior in relationships.
- ☐ I live in the present.
- ☐ I do not blame myself for other people's choices or behavior.
- ☐ Meditation and prayer are a part of my daily life and routine.
- ☐ My sex life is enjoyable, fulfilling, and free of shame or fear.
- ☐ I accept my feelings just the way they are.
- ☐ I take time to smell the roses.
- ☐ I clearly get across my point-of-view in an argument; I don't get personal or rude.
- ☐ I am financially responsible.
- ☐ My community receives my care, devotion, and commitment; I give something back.
- ☐ I feel centered in my body.
- ☐ I don't have to always win or appear in control to feel good about myself.
- ☐ I don't seek out or create crisis in my life, relationships, or surroundings.
- ☐ Time is my friend, not my enemy.
- ☐ I am secure; I know that what I have to contribute has value; I respect myself.
- ☐ I am a good friend to my mate and other intimates in my life.
- ☐ I remember to relax in stressful situations, even if things aren't going my way.
- ☐ (Add some!)
- ☐ .
- ☐ .
- ☐ .

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