

Cheshbon Hanefesh – Personal Inventory: General

What is my goal? (A goal may change. You may answer this at any point)

Career goals present

Career goals future

Family

Friends

Community

Health

Spirituality; Where I am now

Spirituality; Where I hope to be

Continued education?

Personal Midos (character traits);

a)What are your positive attributes

b) What are your deficient/negative attributes

What attribute would you most like to change?

Who is the person you want to be?