

Name \_\_\_\_\_

Date \_\_\_\_\_

## Maturity Measure

**Directions:** Rate yourself regarding different types of maturity. Check the correct rating: A = Always, O = Often, N = Never.

A   O   N

Item

**Physical Development** (healthy, nutritional choices, physical exercise, and medical self-management)

    

Make healthy food choices in keeping with the Food Guide Pyramid. The recommended servings per day by food group are: grain, 6-11; vegetable, 3-5; fruit, 2-4; milk, 2-3; meat, 2-3; others, including fats, oils and sweets, eat sparingly).

    

Engage in physical exercise, including sports, a minimum of five days a week for a combined time of 60 minutes per day.

    

Maintain health through prevention or early detection of illness and use of appropriate medical treatment.

**Intellectual Development** (growth of the mind)

    

Take advantage of learning opportunities through school and others.

    

Feel good about my character and qualities, including pride in my abilities, skills and accomplishments.

    

Am developing realistic financial goals to achieve financial stability and security.

    

Am developing a realistic career and life plan, including choice of careers and lifestyle.

**Emotional Development** (ability to control and express feelings and behaviors)

    

Able to control anger and settle differences without violence or destruction.

    

Willing to pass up immediate pleasure in favor of the long-term gain.

    

Can face unpleasantness and frustration, discomfort and defeat without complaint or collapse.

    

Can show vulnerability by expressing love and accepting expressions of love from those who love me.

    

Relate positively to life experiences and able to learn from experience.

    

Interested in giving, as well as receiving, practice unselfish behavior.

**Social Development** (ability to get along with others)

- Human relationships have a high priority.
- Savor human relationships, but am not dependent on always having company.
- Have learned when to conform and when not to conform.
- Have learned when to speak out and when to remain silent.
- Avoid people and situations which bring out the worst in me.
- Face problems realistically and use problem-solving techniques to make decisions and solve problems.
- Am dependable and able to keep promises.

**Spiritual Development** (a personal belief system)

- Am developing or have developed a personal belief system.

**Philosophical Development** (ability to make decisions based on my values and goals)

- Face problems realistically and use problem-solving techniques to make decisions and solve problems.
- Able to work well with people who are different from myself.
- Able to make a decision and stand by it.
- Am developing wisdom.
- Am adaptable, capable of continued change.
- Realize the only real rewards in life come with continued growth.

**Write a short paragraph on what you think of your findings.**