The Character Experiment

<u>**Inventory and Experience # 3**</u>

Part I. My Experience
Write a somewhat short summary paragraph (150–200 words) describing your successes and shortcomings this semester in practicing the three virtues you selected. Your grade does not depend upon how successful you were, just on the depth and clarity of your reflections.

Part II. Looking Ahead
Taking into consideration what you learned this semester about the virtues you selected to practice, and looking ahead to the next few years of your life, write a plan informed by your experiences for growing in these and other virtues once you leave the course.

To do this, **write a short paragraph for each of the 5 dimensions** of your being that are listed below. The idea is to write a plan for how you can grow in each of these. Be concrete and specific about how you as an individual can grow in each of these areas **over the next few years.** So, don't say "I will take care of my body." Instead, say something like "I will arrange my schedule to get 7 hours of sleep each night." Be realistic, but also ambitious. Don't say "I will be perfect this year," but instead "I will work at being a more patient driver" or "I will read two books that stretch my mind this year." Focus on the virtues, both moral and intellectual, as they relate to each of these areas of life.

In addition to the instructions in the previous paragraph, you should also **address the following questions for each of the 5 dimensions of life:**
• What situations will I likely encounter over the next few years that will give me a good chance to grow in being a good person in these areas, as I define it?
• What situations will I likely encounter over the next few years that will present obstacles or challenges to my growth in being a good person, as I've defined it?

The Five Dimensions of Life
1. Mind
2. Emotions
3. Body
4. Relationships
5. Soul/Spirituality (This can be religious, but it is also intended to encompass transcendent values you hold whether or not you are religious.)