

# 10 Traits Self-Reflection Worksheet

## Instructions:

For each trait below, you'll answer 4 key questions:

1. **Have I seen this trait in him?** (Give a real example.)
2. **Do I embody this trait consistently?** (Be honest.)
3. **How would life feel with a partner who lived this trait daily?** (Visualize it.)
4. **If this trait is missing in me or him, what's one step I can take?** (Action plan.)

## Trait 1: Kindness That Lasts

1. Where have I seen him show steady kindness (even when it's inconvenient)?
2. Do I consistently treat others with kindness, even under stress?
3. How would life feel with a partner who is emotionally safe and consistently kind?
4. What's one way I can practice deeper kindness in my own life?

## Trait 2: Emotional Honesty & Accountability

1. When has he been fully honest and owned his mistakes?
2. Do I take accountability in my own communication?
3. How would life feel with a partner who is always clear and trustworthy?
4. What's one way I can be more honest and direct in my relationships?

## Trait 3: True Friendship

1. How have we shared friendship – not just romance?
2. Do I bring fun, empathy, and safety into my relationships?
3. How would life feel with a partner who is truly my teammate and friend?
4. What's one small way I can deepen friendship in my connections?

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## **Trait 4: Loves You in Your Language**

1. Has he shown effort to learn and express my love language?
2. Do I express love in ways my partner can feel?
3. How would life feel being loved in my language consistently?
4. What's one way I can better communicate my needs or tune into his?

## **Trait 5: Takes Initiative**

1. Where have I seen him take thoughtful action without being asked?
2. Do I allow space for others to take the lead, or do I control outcomes?
3. How would life feel with a partner who notices and steps up consistently?
4. What's one way I can encourage shared effort in my relationships?

## **Trait 6: Fights Fair**

1. How does he respond during conflict? Does he stay kind and present?
2. Do I listen to understand during disagreements, not just to defend?
3. How would life feel with a partner who stays emotionally safe during conflict?
4. What's one way I can practice healthier communication in tense moments?

## **Trait 7: Makes Changes After Feedback**

1. Has he ever adjusted his behavior after I shared a need?
2. Do I receive feedback openly, without getting defensive?
3. How would life feel with a partner who grows with me?
4. What's one mindset shift I can adopt to be more growth-minded?

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## **Trait 8: Emotionally Considerate + Regulated**

1. Have I seen him manage his emotions & consider my needs when life gets hard?
2. Do I manage my own emotions well, or do I react from stress?
3. How would life feel with a partner who protects peace through emotional regulation?
4. What's one tool I can use to regulate myself better?

## **Trait 9: Respects Your Boundaries and Freedom**

1. Does he honor my space, my no's, and my independence?
2. Do I set clear boundaries and respect others' limits as well?
3. How would life feel with a partner who fully respects my autonomy?
4. What's one boundary I need to protect more firmly?

## **Trait 10: Attentive & Present**

1. Does he make me feel seen, heard, and emotionally connected?
2. Do I stay present in my relationships, or do I get distracted?
3. How would life feel with a partner who is consistently tuned in to me?
4. What's one way I can practice giving full attention in my daily life?

## **Final Reflection:**

- Which trait stood out as a current strength in my relationship?
- Which trait feels like a non-negotiable for my future peace?
- How will I commit to embodying these traits myself – regardless of who I'm with?