



Self-Assessment Checklist on The Art of Patience

This Self-Assessment Checklist is designed to help you evaluate your patience across three vital aspects of life: Family, Workplace, and Spirituality. The items help you assess how often your patience is tested, and how gracefully you respond to those challenges.

Rate each item from 1 (Rarely) to 5 (Very Often):

Family Life – The Circle of Love and Growth	1	2	3	4	5
I lose my temper easily with my loved ones.					
I get irritated when my family does not meet my expectations.					
I interrupt or dominate conversations during disagreements.					
I struggle to listen with empathy when I disagree.					
I react strongly when chores or routines are not done properly.					
I become impatient during family stress, illness, or emotional tension.					

Family Patience Total: _____ / 30

Workplace – Patience Under Performance Pressure	1	2	3	4	5
I get irritated with inefficient or slow co-workers.					
I judge colleagues or managers quickly.					
I lack patience with those who are still learning.					
I react anxiously to deadlines or changing plans.					
I feel demotivated when results are delayed.					
I compare my growth with others and feel restless.					

Workplace Patience Total: _____ / 30



Spiritual Life – Trusting Divine Timing	1	2	3	4	5
I feel restless during meditation or prayer.					
I expect instant peace or experiences from spiritual practice.					
I doubt God's plan when life doesn't go my way.					
I get frustrated at my slow spiritual progress.					
I find it hard to surrender or accept divine timing.					
I criticize myself harshly for spiritual shortcomings.					

Spiritual Patience Total: _____ / 30

Final Reflection

1. Which area challenged your patience the most? Why?

2. In which area did you demonstrate the most patience?

3. What one step can you take this week to deepen your patience in one area?

Remember, change takes time.

If you would like to speak with someone about this assessment, please get in touch with us at samarpanteam1119@gmail.com. Please give us some time to respond. Thank you.