

Practicing Catholic Inventory

Use this inventory to determine your strengths and weaknesses as a practicing Catholic. Rate yourself on a scale of 1 (very low) to 5 (very high). Although they are subjective and relative, the ratings can help you identify areas in which you might want to improve.

Am I growing in my appreciation for God's presence, love and grace in my _____
life and in the world?

Am I growing in my appreciation for the truth that "Mercy is the Face of God" _____

Am I growing in my commitment to Jesus Christ, the Incarnate Word of God, _____
present body and soul in the Body of Christ on Earth

Do I participate at Mass regularly? _____

Am I growing in my appreciation for the Eucharist as the "source and summit" _____
of Catholic life?

Do I celebrate the Sacrament of Reconciliation regularly or when necessary? _____

Do I pray regularly? _____

Have I identified and am I using spiritual practices and devotions which fit _____
my personality and spiritual needs?

Am I making a realistic effort to grow in my understanding and appreciation _____
of my faith as an adult Catholic?

Am I growing in my ability to face loss, adversity, challenges and doubts with _____
confidence in God's providence and goodness?

Do I provide the necessary encouragement, guidance and instruction to the _____
children or youth whose faith depends on my witness and example?

Am I patient, respectful and supportive to family members, friends or others _____
whose spiritual or religious opinions, values or conduct do not live up to my
expectations?

Have I grown in my awareness of, and participation in, the Corporal and _____
Spiritual Works of Mercy?

Am I faithful to my personal commitments and responsibilities? Am I growing ... _____
in my awareness of the need for integrity, honesty and charity in my personal
and public relationships?

(over)

Am I making a sincere effort to integrate respect, fidelity and self-giving into _____
my sexual behavior?

Do I make an honest effort to shape my personal values and opinions, political _____
choices and business or professional conduct according to the church's moral and
social principles?

Do I make a sincere effort to recognize my responsibility for good stewardship _____
of the time, talent and resources that I have earned or received?

Am I making an intentional effort to recognize my responsibility to care for _____
the poor, the vulnerable, the disadvantaged, and those de-valued by social,
political, economic, racial or religious conventions?

Am I making a sincere effort to recognize my responsibility for care of the _____
environment, responsible use of energy, and conservation of natural resources?

Am I making a sincere effort to recognize and address systemic ideological, _____
political or economic conditions which endanger individuals' life, health and
religious freedom?

Am I trying my best to grow in wisdom and grace, learning to transform anger _____
into compassion, jealousy into gratitude, fear into trust, despair into hope, and
doubt into faith?

Total Score (add all responses) _____

*Your total score can range from a low of 21 to a high of 105. The higher your score is,
the better you are growing in the practice of your Catholic faith. Use this inventory to
identify those areas in which you want to continue growing.*