

GUIDE TO DETERMINING QUALITIES

Tick the applicable boxes.

A

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Mental clarity | <input type="checkbox"/> Feels pleasure | <input type="checkbox"/> Contentment | <input type="checkbox"/> Inner peacefulness |
| <input type="checkbox"/> Sense of nobility | <input type="checkbox"/> Cares for others | <input type="checkbox"/> Shares with others | <input type="checkbox"/> Values honesty |
| <input type="checkbox"/> Open minded | <input type="checkbox"/> Longs to learn | <input type="checkbox"/> Spiritual | <input type="checkbox"/> Feels at ease |
| <input type="checkbox"/> Perceives things clearly | <input type="checkbox"/> Feels conscious awareness | <input type="checkbox"/> Loving | |
| <input type="checkbox"/> Well mannered | <input type="checkbox"/> Behaves positively | <input type="checkbox"/> Cares for nature | |
| <input type="checkbox"/> Compassionate | <input type="checkbox"/> Not easily upset or angered | <input type="checkbox"/> Needs little sleep | |
| <input type="checkbox"/> Works hard mentally | <input type="checkbox"/> Creative, fresh and alert | <input type="checkbox"/> Respectful of advisors | |
| <input type="checkbox"/> Happy/joyful | | | |

B

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Restless | <input type="checkbox"/> Self-serving | <input type="checkbox"/> Ambitious | <input type="checkbox"/> Aggressive |
| <input type="checkbox"/> Competitive | <input type="checkbox"/> Proud | <input type="checkbox"/> Controlling | <input type="checkbox"/> Doesn't easily feel joy |
| <input type="checkbox"/> Perfectionist | <input type="checkbox"/> Enjoy power/prestige | <input type="checkbox"/> Hard working | |
| <input type="checkbox"/> Bad planning | <input type="checkbox"/> Gets stressed | <input type="checkbox"/> Fears failure | |
| <input type="checkbox"/> Experiences jealousy | <input type="checkbox"/> Changeable | <input type="checkbox"/> Can be easily angered | |
| <input type="checkbox"/> Needs to be active | <input type="checkbox"/> Needs at least 8 hours sleep | | |
| <input type="checkbox"/> Easily drained of mental energy | <input type="checkbox"/> Agitated | <input type="checkbox"/> Needs continuous stimulation | |
| <input type="checkbox"/> Makes highly energised efforts | <input type="checkbox"/> Compulsive | <input type="checkbox"/> Moves quickly | |

C

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Lacks understanding | <input type="checkbox"/> Indifferent | <input type="checkbox"/> Confused | |
| <input type="checkbox"/> Gets frustrated | <input type="checkbox"/> Fails to follow advice | <input type="checkbox"/> Bewildered | |
| <input type="checkbox"/> Ambiguous | <input type="checkbox"/> Negative | <input type="checkbox"/> Passive | |
| <input type="checkbox"/> Lack of enthusiasm or interest | <input type="checkbox"/> Lacks initiative | <input type="checkbox"/> Slow | |
| <input type="checkbox"/> Self-delusions/difficulty recognising reality | <input type="checkbox"/> Materialistic | | |
| <input type="checkbox"/> Academic achievement unimportant | <input type="checkbox"/> Greedy | <input type="checkbox"/> Can be lazy | |
| <input type="checkbox"/> Sleeps a lot including at daytime | <input type="checkbox"/> Irritable | <input type="checkbox"/> Easily tired from mental work | |
| <input type="checkbox"/> Possessive | <input type="checkbox"/> Can become depressed | <input type="checkbox"/> Loves food and drink | |
| <input type="checkbox"/> Dislikes responsibility | <input type="checkbox"/> Feels no/little guilt | <input type="checkbox"/> Uncaring | |

Totals: A B C