

## How Often Do You:

1=Never 2=Rarely 3=Occasionally 4=Sometimes 5=Often 6=Very Often 7=Always

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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- |     |   |   |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|---|---|
| 1.  | Eat ONE building food at each meal?<br>(meats, fish, nuts, poultry, eggs, milk, etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2.  | Eat TWO eliminators at each meal?<br>(fresh fruits and vegetables)                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3.  | Eat congestors sparingly at each meal?<br>(anything with flour, sugar)                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4.  | Eat lubricators as needed at each meal?<br>(oils, butter and fats)                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5.  | Move ALL movable joints daily until tiredness develops?                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6.  | Rest daily by relaxing the entire body?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7.  | Cease all mental concentration for a short time daily?                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8.  | Indulge in physical recreation daily?<br>(games, amusements and hobbies)              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9.  | Indulge in mental recreation daily?<br>(games, amusements and hobbies)                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | Sleep soundfully and restfully daily?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. | Bathe or shower daily?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. | Maintain clean clothing, food, dishes, and bedding?                                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. | Evacuate your bowels two or three times daily?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. | Eat some LIVE foods daily?<br>(fresh raw vegetables and/or fruits)                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. | Lack confidence in your daily activities?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Experience anxiety in situations?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Dread certain situations, people or events?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Fear the Future?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Suffer from phobias or morbid fears?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. | Worry about the future?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Suffer from nervous anxiety?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Regret any actions, words or thoughts?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Experience apprehensions of certain people or situations?                             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Have recurring concern about survival?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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- |     |  |   |   |   |   |   |   |   |
|-----|--|---|---|---|---|---|---|---|
| 17. | Become irritated over "little things"?                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Become overly sensitive around some people?                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Become indignant in certain situations?                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Get Angry?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | "Throw a fit" and lose control?                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. | Distrust others' motives, actions or words?                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Become suspicious of others?                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Demand exclusive attention from a mate, child, friend etc? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Experience jealousy in any form?                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 19. | Tend to "pick holes" in another person?                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Find fault with another's speech, dress, or actions?       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Contribute to idle discussions of another's activities?    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Listen to idle discussion of another's activities?         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Slander another?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Condemn or blame another for the way he or she lives?      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 20. | Desire to be noticed or praised?                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Desire others' approval of your ideas and actions?         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Like to be the center of attention?                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Like to be different from others                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Boast about your accomplishments?                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Boast about your possessions?                              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Like to appear as an intellectual                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 21. | Express extreme aversion to a person or place?             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Feel ill-will toward person?                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Desire to inflict injury on some person?                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Desire to inflict injury on some-thing?                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 22. | Strive for power in business, home, or club?               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Try to dominate a situation?                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Have a low self-esteem?                                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Long for the possessions of another?                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Feel resentment of another's accomplishments?              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 23. | Assume to be what you are not?                             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Mislead or deceive others?                                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Mistrust others' honesty or integrity?                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Have guilt feelings  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Misrepresent yourself?                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 24. | Make snap judgments?                                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Have a definite likes or dislikes?                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Have definite opinions about living?                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Become disturbed by another's or your own shortcomings?    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Concentrate on insignificant details?                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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|-----|--|---|---|---|---|---|---|---|
| 25. | Concentrate on things concerning you and your interests?         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Concern yourself with your own self-preservation?                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express a self-regard?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express subjective interests?                                    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Harm yourself by being too altruistic & acting for others' good? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 26. | Try to gratify all desires for wealth and power?                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Try to satisfy all desires for luxury, honor, prestige?          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Tend to hoard or grab?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Approach situations with a "what will I get" attitude?           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 27. | Express confidence that things are as they should be?            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Trust in something "bigger than you"?                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Recognize LAW in action?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express confidence in the Laws of Life?                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 28. | Desire the best in life?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Expect the best in every situation?                              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Act as though nothing happens by chance?                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Feel that life will get better?                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 29. | Express tolerance?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Tend to give freely, from the heart?                             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Experience love and goodwill toward all people?                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express liberality in giving wisely?                             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Give of yourself and your possessions to assist others?          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 30. | Consciously try, daily, to achieve a better life?                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Try to become perfect in your expression?                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Daily try to reach the standard of human excellence?             | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Perform actions in conformity with the highest ideals in life?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 31. | Endure the events of the day with calmness?                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Persevere quietly in daily living?                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express a keen endurance in daily life?                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 32. | Desire to share others' feelings?                                | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Have a calm, composed attitude throughout the day?               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Experience and express compassion?                               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Appreciate others' feelings and positions?                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

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- |     |  |   |   |   |   |   |   |   |
|-----|--|---|---|---|---|---|---|---|
| 33. | “Mind your own business” in daily life?                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Give others freedom to act and think as they do?               | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Recognize and allow the expressions of individuality?          | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Allow others to “do it their own way”?                         | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Free others in thought to “do as they please”?                 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     |  |   |   |   |   |   |   |   |
| 34. | Become considerate of others?                                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express a sympathetic understanding?                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express kindness toward (animal & vegetable) forms of life?    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Try to assist others in all Lawful growth?                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Help others rise above weaknesses or desires?                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Tend to speak kindly?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     |  |   |   |   |   |   |   |   |
| 35. | Express fearlessness in the face of danger or the unknown?     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Express self-sacrifice in danger?                              | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Face situations squarely without alibis or rationalizations?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Shoulder your own responsibilities?                            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     |  |   |   |   |   |   |   |   |
| 36. | Tend to pardon others for their errors whether large or small? | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Forget the little oversights and slights of others?            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Forget the shortcomings others may have?                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Liberate others from guilt of past errors?                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     |  |   |   |   |   |   |   |   |
| 37. | Stop all action which interferes with growth of character?     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Make your environment conform to interests of progression?     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Try to assist others?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Try to develop your own higher self?                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Clearly see the boundaries and limits of your duty?            | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     |  |   |   |   |   |   |   |   |
| 38. | Have harmony in your life?                                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Give freedom to others to come and go in response to duty?     | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Try to give of yourself?                                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Find yourself attracted to the WHOLE life not just aspects?    | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Recognize all expressions of life as divine?                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|     | Find yourself attracted to Principle rather than personality?  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |