

Name: _____

Date: _____

How Often Do You:

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

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|-----|---|---|---|---|---|---|---|---|
| 1. | Eat ONE building food at each meal?
(meats, fish, nuts, poultry, eggs, milk, etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | Eat TWO eliminators at each meal?
(fresh fruits and vegetables) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | Eat congestors sparingly at each meal?
(anything with flour, sugar) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | Eat lubricators as needed at each meal?
(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?
(games, amusements and hobbies) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. | Indulge in mental recreation daily?
(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?
(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 |

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

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 to 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
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