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| I have high standards and work towards them  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| I go above and beyond what is required  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| I do not work as hard as the majority of people around me  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| I invest little effort into my work  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| I demand the highest quality in everything I do  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| I try to be the best at anything I do  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| I make every effort to do more than what is expected of me  () Strongly disagree  () Disagree  () Agree  () Strongly agree  ::NewPage:: |
| I do what is required, but rarely anything more  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| Setting goals and achieving them is not very important to me  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| Getting average grades is enough for me |
| () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| Life is too short to spend it working all the time.  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| It's not wise to work more than necessary.  () Strongly disagree  () Disagree  () Agree  () Strongly agree |
| The secret to a happy life is to not work harder than is needed |
| I'm satisfied with performing average |
| If I can't succeed at one thing, I just try something else. |
| I'm very good at pretending to work harder than I actually do. |
| I don't like to work hard |
| It is silly to work more than necessary |
| The secret to a good life is working just enough to get things done |
| I'm satisfied with being average |
| If I can't succeed at one task, I just drop it and move on to the next task |
| I have had to work hard to overcome obstacles to get where I am today |
| I get discouraged a lot |
| Failing at something is only a reason to try harder |
| If given the chance, I would rather take it easy than work hard |
| I have worked on goals that took years to achieve |
| I am persistent |
| Some people are kind of silly in their degree of perfectionism. |
| Many people place great value in getting every detail right in tasks that don't matter that much. |
| If a task is not that important, then it isn't worth fussing over too much. |
| I will stay late at work to get a job finished |
| I always do everything to the best of my ability |
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| Being neat is not exactly my strength |
| Organization is a key component of most things I do |
| I need a neat environment in order to work well |
| I prefer my work environment to be neat and orderly. |
| I become annoyed when things around me are disorganized |
| For me, being organized is unimportant |
| Half of the time I do not put things in their proper place |
| Most of the time my room is in complete disarray |
| Most of the time my working space is in completely disarray |
| Every item in my room and on my desk has its own designated place |
| I frequently forget to put things back in their proper place |
| I hate when people are sloppy |
| I hate when people are messy |
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| I'm not bothered by others' messiness/mess. |
| I don't tend to get caught up with details./I'm not obsessed with details. |
| I don't waste time on organizing things/putting things in order. |
| It is a waste of time putting things in order. |
| Messy environments foster creativity |
| People who value orderliness are boring. |
| Organizing and planning take the fun out of life. |
| I hate it when people move my things |
| My room only looks messy - it's really organized according to my own special system. |
| Chaos does not bother me |
| Seeing messy rooms makes me feel uncomfortable |
| If I enter a messy room my first inclination is to start cleaning it up. |
| I like it when life is unpredictable. |
| I like to plan my week. |
| I have a plan for what I am going to do with my life. |
| I use a planner/calendar every day. |
| I have a pretty set routine. |
| I like following a routine. |
| I have both short and long term goals set for my life. |
| I have a calendar but I don't use it very well. |
| I never schedule my life. |
| I like organizing other people's lives in addition to my own. |
| It makes me uncomfortable to deviate from my schedule. |
| I schedule my life to the minute. |
| I try to anticipate what is going to happen and plan accordingly. |
| I try to have a plan for most situations. |
| It's best to be spontaneous in when and how you do things. |
| It is definitely possible to have one's house *too* neat and organized |
| If everything is neat and tidy you're probably missing out on a lot of good things in life. |
| Life is too short to worry about putting everything in its place. |
| I prefer my home to be well organised and tidy |
| I like organisation in all aspects of my life |
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| I have the highest respect for authorities and assist them whenever I can |
| People respect authority more than they should |
| Even if I knew how to get around the rules without breaking them, I would not do it |
| I believe that people should be allowed to take drugs, as long as it doesn't affect others |
| I support long-established rules and traditions |
| People who resist authority should be severely punished |
| When I was in school, I used to break rules quitely regularly |
| In my opinion, all laws should be strictly enforced |
| In my opinion, censorship slows down the progress |
| When working with others I am usually the one who makes sure that rules are observed |
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| Too much respect for authority (e.g., government, supervisors etc.) is dangerous. |
| Rules are made to be broken |
| Focusing too much on tradition tends to hold back progress |
| People who make sure the others follow the rules are annoying |
| People who follow all the rules miss out on a lot of fun. |
| I like to bend the rules sometimes |
| Supporting long-standing institutions （e.g. churches, countries, etc.) is a good thing |
| Good things come from breaking the rules |
| I like the rituals associated with holidays and religions. |
| Traditions are good things and should be supported |
| Having strong rules in place makes things more predictable and that is a good thing |
| If we all followed all the rules, life would become completely boring. |
| Many people seem to focus on rules for their own sake. |
| People overestimate the importance of tradition. |
| Doing things the way they've always been done inhibits creativity. |
| I do not like breaking rules |
| I have no desire to live my life by normal societial/society's rules |
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| I often rush into action without thinking about potential consequences |
| I rarely jump into something without first thinking about it |
| I am known to make quick, hot-headed decisions |
| My friends say I make decisions too quickly. |
| I do not take unnecessary risks |
| I am easily talked into doing silly things |
| My friends say I am unpredictable |
| I get into trouble because I act on impulses rather than on thoughts |
| I am careful with what I say to others |
| I dislike being around impulsive people |
| Even under time pressure, I would rather take my time to think about my answer than to say the first thing that comes to mind |
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| I enjoy being spontaneous. |
| People should think less and be more spontaneous/act on their feelings. |
| Doing risky things is fun |
| People who act in predictable ways lack passion. |
| It's best to make decisions quickly, rather than overthinking them |
| I speak my mind without too much self-censorship |
| Overthinking decisions is not a good idea - just trust your gut. |
| It is fun to take risks |
| My friends say I'm impulsive |
| I have a hard time sticking to my goals over the long haul |
| A lot of people are so lacking in spontaneity that they spend all their time thinking. |
| People who lack spontaneity rarely have fun. |
| I have self control almost to a fault. |
| I am able to delay instant rewards for a long term gain |
| I am good at sticking to plans |
| If I make a plan, I stick to it |
| Other people consider me to have good self-discipline |
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| If I could get away with it, I would not pay taxes |
| I would lie without hesitation if it serves my purpose |
| I could be insincere and dishonest if situation required me to do so |
| If I find money laying around, I'll keep it to myself. |
| If I find money lying on the street, I'll keep it to myself. |
| If a cashier forgot to charge me for an item I would tell him/her |
| I would rather get a bad grade than copy some else’s homework and turn it in as my own |
| It bothers me when other people cheat on their taxes |
| If I accidentally scratched a parked car, I would try to find the owner to pay for the repairs |
| I firmly believe that under no circumstances it is okay to lie |
| I believe that it's never okay to lie. |
| The people who know me best would say that I am honest |
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| I have no problem lying. |
| I believe that sometimes white lies help people. |
| To get ahead you sometimes have to lie. |
| People do not really want to hear the truth. |
| Everyone cheats on their taxes - so why shouldn't I? |
| A little cheating is okay |
| I definitely lie too much |
| It pains me to break my promises |
| I have stolen from friends |
| I have stolen from my work place |
| People who say they don't lie are usually lying. |
| People who keep their word no matter what lack flexibility. |
| Sometimes people have to cut some corners in order to make good things happen. |
| Some people have so much stuff that you can hardly blame someone if they take it. |
| If somebody has something that they don't need, it's okay to take it for someone else. |
| Everyone has to break a lot of promises. |
| There's no harm in breaking the rules if no one gets hurt. |
| A certain amount of deception is just natural. |
| Sometimes it is okay to shoplift |
| It is important to pay your taxes |
| I have high moral standards |
| If I can get away with it, I will not pay travel fares |
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| I carry out my obligations to the best of my ability |
| I often feel responsible for making sure that all group project assignments are completed |
| I go out of my way to keep my promises |
| Sometimes it is too much of a bother to do exactly what is promised |
| I would gladly spend some of my leisure time trying to improve my community |
| If I am running late to an appointment, I may decide not to go at all |
| I am usually not the most responsible group member, but I will not shirk on my duties either |
| If I am running late, I try to call ahead to notify those who are waiting for me |
| When I make mistakes I often blame others |
| I have a reputation for being late for almost every meeting or event |
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| pay my bills on time |
| I try to respond to all emails, calls or texts |
| My friends consider me the dependable one |
| When my friends are in trouble they often turn to me to help fix things |
| Some people have described me as flaky |
| When I commit to something, a can be trusted to get it done |
| I have lost things that I borrowed from friends |
| I really hate to break promises |
| Sometimes promises have to be broken |
| Everybody tends to overestimate what they can get done. |
| When people tell you to be loyal, they are usually just trying to manipulate you. |
| If you focus too much on duties, you won't get much enjoyment out of life. |
| It really stresses me out to be late. (REV-SC) |
| If you're not really into something, it's best to quit. |
| It's silly to put strain on yourself just to reach a deadline. |
| If finishing a task is raising your blood pressure, then it's best to walk away. |
| I always own up if I make a mistake |
| I am someone that people can rely on |
| Out of my group of friends, I am considered the sensible one |
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| People who really know me (e.g., friends, family) describe me as a decisive individual. |
| I find it easy to decide what to do when I have arguments with people. |
| Once I have decided how to handle conflicts between my wishes and someone else's, I feel I have made mistakes. |
| I like to make decisions at the last possible moment. |
| I like it when other people make decisions for me. |
| I rather take too much time but make the right decision, than to rush and make the wrong decision. |
| I have a hard time making decisions |
| I tend to think too much about alternatives when coming to a decision |
| When I decide to do something I will stick with my decision |
| I can be very determined when I've chosen to follow a certain path |
| I can be very determined in pursuit of a goal |
| my friends would describe me as strong-willed |
| I am stubborn |
| My convictions are unshakeable |
| I like people who are firm in their convictions |
| I'm pretty flexible |
| I am easily distracted |
| I change my mind a lot |
| My interests change a lot |
| I start a lot of different things, but don't finish most of them |
| I finish almost everything I start |
| My goals change a lot |
| I get interested in different things all of the time |
| Changing your plans frequently shows an open mind. |
| Being too determined can be very unhealthy. |
| Strong-willed people are usually very difficult. |
| I have been described as a being a good decision maker |
| I spend too much time thinking about what to do |
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| Sit with a straight back |
| Call someone Ms., Mr., Mrs., Sir, etc. |
| Uphold cultural traditions |
| Stand with a straight back and neck |
| Make use of someone’s formal title |
| Uphold family traditions |
| Make my bed. |
| Clean up immediately after a meal. |
| Allow trash to overflow from a container. |
| I talk while I'm eating. |
| I take out the garbage regularly |
| Share domestic duties. |
| Clean desk surfaces (no piles of papers). |
| Clean up right after company leaves. |
| Clean around the house/ apartment. |
| Share household chores. |
| Fold my clothes right after they are washed. |
| Keep my appearance neat/professional. |
| Do not obsess over my appearance/dress. |
| Cleaning and chores are overrated |
| Doing dishes is for the dishwasher |
| Making the bed is pointless because you're going to use it again later |
| People who sit and stand with a straight back look stuck up |
| There's no point in folding and putting away washed clothes, you can just use them straight from the hamper |
| People who value household chores are boring |
| People who worry about a neat appearance are stuck up |
| Using someone's formal title is pretentious and elitist |
| A messy desk leaves room for creativity |
| Put my hand in front of my mouth when yawning. |
| Offer old people my seat on the bus. |
| Holding the door for other people is too much of a hassle. |
| It is important to refer to people by their proper title (e.g., Dr., Professor, Sir, Mr., Mrs., Ma'am, etc.) |
| I make sure to clean my place before company comes over |
| It is important that you look neat and professional |
| I am okay with wearing clothes that are messy or unkempt |
| I often wear clothes that need ironing |
| I like people who follow proper etiquette |
| I tend to be informal in my dealings with people |
| I'm a pretty easygoing person |
| In picking clothes, the most important thing is to be comfortable. |
| Referring to people by their formal titles is a waste of time. |
| People who put too much effort into their appearance are lacking in substance. |
| Casual dress on Fridays is a good idea. |
| I don't think anyone irons clothes any more. |
| There's no good reason to distinguish between "business attire" and "casual attire". |
| I use formal language in emails and other letter communications |
| I properly set the table for dinner most evenings |
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| Get to appointments on time. |
| Allow extra time for getting lost when going to new places. |
| Miss appointments |
| Am the first person to show up for work or a class |
| Complete assignments on time |
| Turn in assignments late |
| Leave for work at the exact time I had planned |
| Show up for work more than 5 min early |
| Miss the bus |
| Get to work on time |
| Forget about an appointment |
| Forget meetings |
| Return phone calls and emails in timely fashion |
| Late for a meeting |
| Keep up with required work |
| Arrive a few minutes late. |
| It's no big deal to arrive a few minutes late for work or a class. |
| I can always get things done last minute |
| I think living on a schedule takes the spontaneity out of life |
| I think people who worry about punctuality are boring |
| Most meetings don't start on time, so there is no point in being punctual. |
| People are used to waiting for me. |
| Most deadlines are impossible to meet. |
| it is okay to arrive a few minutes late to appointments |
| I never miss appointments |
| I am usually the first person to show up for work |
| I never forget to respond to a call or email |
| I often complete my assignments early |
| I am constantly running late for appointments and meetings |
| It makes me uncomfortable to be late |
| Being a few minutes late is of no importance. |
| There's something wrong with people who worry about being just a minute or two late. |
| Always showing up at the airport early is a waste of time. |
| I often underestimate how long it will take me to get places |