

Section 1/Sheet A

**List showing some of the Key Values in
FAMILY RELATIONSHIPS**

- 1. Acceptance/Serenity / Tolerance
- 2. Accountability / Responsibility
- 3. Achievement/Sharing
- 4. Active/Involvement
- 5. Adaptability/Flexibility
- 6. Administration/Control
- 7. Affection
- 8. Appreciation
- 9. Approval
- 10. Assurance/Care
- 11. Attitude/Knowing / Personal
- 12. Being Liked
- 13. Belonging/Security / Togetherness
- 14. Comfort
- 15. Compassion/Care
- 16. Concern
- 17. Contribution/Education / Development/Growth / Morality/Ethics
- 18. Control/Order / Discipline
- 19. Cooperation
- 20. Courage
- 21. Courtesy
- 22. Criteria/Rationality
- 23. Decisions/Implementation/Responsibility
- 24. Divinity/Nature
- 25. Economics/Success
- 26. Empathy
- 27. Encouragement / Individuality
- 28. Environment/Growth / Welcome
- 29. Evaluation/Positive
- 30. Evolution
- 31. Examination/Inspection
- 32. Expectations/Belonging
- 33. Expression/Freedom
- 34. Fairness/Encouragement
- 35. Fear/Personal / Environmental
- 36. Freedom/Acceptance / Security/Sharing
- 37. Happiness
- 38. Harmony/Systems
- 39. Health/Environment / Relationship
- 40. Honour
- 41. Hospitality
- 42. Human Dignity
- 43. Idealism
- 44. Impartiality
- 45. Independence
- 46. Influence/Neighbourhood/Positive
- 47. Inspiration
- 48. Integration/Wholeness
- 49. Interdependence/Whole
- 50. Intimacy
- 51. Involvement
- 52. Joy/Sharing
- 53. Justice
- 54. Knowing
- 55. Leadership
- 56. Learning/Education
- 57. Love/Expression / Respect
- 58. Loyalty
- 59. Membership/Institution
- 60. Mission/Goals
- 61. Motivation/Attitudes

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|-----------------------------|--|
| 62. Nurturing | 84. Role/Awareness/Action/Responsibility |
| 63. Openness | 85. Sacrifice |
| 64. Organisation | 86. Savings/Authority |
| 65. Participation/Decisions | 87. Respect/Authority |
| 66. Performance | 88. Self-dependence |
| 67. Planning/System | 89. Self-worth |
| 69. Play/Leisure | 90. Sensitivity/Feelings |
| 70. Policy/Sharing | 91. Sharing/Listening/Trust |
| 71. Pride/Belonging | 92. Spirituality |
| 72. Pride/Belonging | 93. Spontaneity/Sharing |
| 73. Principles/Adherence | 94. Strength |
| 74. Protection | 95. Sufficiency |
| 75. Purpose/Goals | 96. Supportive |
| 76. Realisation/Needs | 97. Tenacity |
| 77. Reassurance | 98. Togetherness/Sharing |
| 78. Recreation | 99. Tolerance |
| 79. Regard | 100. Truthfulness |
| 80. Rejuvenation | 101. Understanding/Trust |
| 81. Relaxation | 102. Unity |
| 82. Respect/Authority | 103. Wisdom |
| 83. Responsibility | |

Section 1/Sheet B

Family Relationships Values

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
1.	Do I feel proud and happy about my family? <i>(Pride/Esteem)</i>	—	—	—
2.	When I am outside my home, am I looking forward to returning to be with my family? Do I feel the Sense of Belonging within my family unit? <i>(Love and Belonging)</i>	—	—	—
3.	Are members of my family made to feel free and	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
	comfortable to share their feelings with other members of the unit? <i>(Sharing)</i>	_____	_____	_____
4.	Is the atmosphere in our home positive to the growth and development of all members of the unit? <i>(Nurturing)</i>	_____	_____	_____
5.	Do I feel free to invite my friends to my home, feeling confident that they will be approved and accepted by other members? <i>(Affection/Tolerance)</i>	_____	_____	_____
6.	Are we making systematic savings for the future welfare of family members? <i>(Contribution/Security)</i>	_____	_____	_____
7.	Do members of my family appreciate and 'stroke' each other? <i>(Appreciation)</i>	_____	_____	_____
8.	Are family decisions / outings planned together? <i>(Collective Bargaining)</i>	_____	_____	_____
9.	Do we have certain 'guidelines', accepted by all, establishing the rights and responsibilities of each member of the family unit? <i>(Role/Responsibility)</i>	_____	_____	_____
10.	Do we look after our house servant/s like members of our own family unit? <i>(Compassion/Care)</i>	_____	_____	_____

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
11.	Am I able to relax completely when I am back within my family unit? <i>(Equanimity/Peace)</i>			
12.	Do I often engage in hasty actions which hurt the feelings of other family members? <i>(Empathy)</i>			
13.	Am I aware of the attitudes that are developing in other members of my family? <i>(Awareness)</i>			
14.	Am I making contributions towards the education and development of other members within my family unit? <i>(Education/Growth/Development)</i>			
15.	Am I aware of the effect of the neighbourhood on the social, moral and educational development on the members of my family unit? <i>(External Environment)</i>			
16.	Do I enjoy intimacy with key members of my family unit? <i>(Intimacy)</i>			
17.	Do children in the family look forward to the homecoming of the head of the household with joyous expectations? <i>(Affection)</i>			
18.	Are junior members of the family given the chance to			

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
	'think things out' for themselves? <i>(Freedom/Independence)</i>	—	—	—
19.	Have I made any provisions for my family in case sudden death strikes me? <i>(Protection)</i>	—	—	—
20.	Are arguments a source of continued unhappiness within our family unit? <i>(Tolerance/Support)</i>	—	—	—

Section 2/Sheet A

**List showing some of the Key Values in
PEOPLE RELATIONSHIPS**

1. Acceptance
2. Accountability
3. Adaptability
4. Affection/Receiving/
Giving
5. Appearance/Sobriety
6. Appreciation/Receiving/
Giving
7. Assertiveness
8. Attitude/Theory Y/
Theory X
9. Austerity/Behaviour
10. Belonging/Supportive
11. Centred/Self/Others
12. Charity
13. Choices/Conscious
14. Clarity/Purpose
15. Cleanliness
16. Commitment
17. Communication
18. Compassion
19. Competence/Self
20. Confidence/Self/General
21. Consistency/Truth
22. Contribution/Self/Others
23. Control/Self/People
24. Conversation Skills
25. Courtesy/Expression
26. Courtesy/Respect/
Greetings
27. Curiosity/Intellectual
28. Decorum/Adaptability
29. Delightfulness
30. Detachment/Solitude
31. Development/Growth
32. Duty/Obedience/
Obligations
33. Encouraging/Inspiring
34. Entertaining
35. Equanimity/Poise
36. Ethics
37. Expectations
38. Expressions/Sharing
39. Eye Contact

- | | |
|-------------------------------------|---------------------------------------|
| 40. Flexibility | 71. Objectivity |
| 41. Friendless/Likeable | 72. Organisation |
| 42. Friendship | 73. Patience |
| 43. Generosity | 74. Persuasion/Influence |
| 44. Get-along/Ability | 75. Perception |
| 45. Giving/Capacity | 76. Pleasance/Cheerfulness |
| 46. Goals/Winning | 77. Poise/Equanimity |
| 47. Gratitude | 78. Praise/Others/Self |
| 48. Guiding/Supportive | 79. Progress |
| 49. Helpful | 80. Punctuality |
| 50. Honesty | 81. Purposeful |
| 51. Honour | 82. Recognition/Rewards |
| 52. Hospitality | 83. Regard/Consideration |
| 53. Humane | 84. Remembrance |
| 54. Human Dignity/
Consideration | 85. Respect/Regard |
| 55. Independence | 86. Respectability |
| 56. Individuality/Steadfast | 87. Responsibility |
| 57. Influence/Being/Self | 88. Richness |
| 58. Interdependence | 89. Search/Meaning |
| 59. Inspiring/Self/Others | 90. Selective/Choices |
| 60. Intimacy | 91. Serenity |
| 61. Joy/Happiness | 92. Service/Attitude |
| 62. Joy/Happiness | 93. Sharing/Listening/Trust |
| 63. Judgement/
Understanding | 94. Social Affirmation/
Commitment |
| 64. Justice/Fairness | 95. Status/Prestige |
| 65. Leadership/Group Input | 96. Supportive/Community |
| 66. Likeable/Self/Others | 97. Tolerance |
| 67. Listening/Empathetic | 98. Truthfulness |
| 68. Love/Affection | 99. Universality |
| 69. Loyalty/Respect | 100. Willingness to learn/
Change |
| 70. Magnanimity | |

Section 2/Sheet B**PEOPLE RELATIONSHIPS Values**

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
1.	Am I generally human when I: — Speak?			

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
	— Write? — Shake hands or offer greetings? — Speak to juniors? — Introduce someone? — Smile? <i>(Courtesy)</i>	_____	_____	_____
2.	Do I frequently listen to people before I form an opinion of my own? <i>(Consideration)</i>	_____	_____	_____
3.	Am I persuasive and confident before groups of people? <i>(Communication/Confidence)</i>	_____	_____	_____
4.	Am I really interested in the things that are important to other people? <i>(Sharing)</i>	_____	_____	_____
5.	Do I generally take up meaningful, purposeful topics for discussions in my social conversations? <i>(Objectivity)</i>	_____	_____	_____
6.	Do I have habits that are generally disliked by the people I come across? <i>(Self-awareness)</i>	_____	_____	_____
7.	Do I have an intellectual curiosity for knowing and understanding the convictions and beliefs of other people? <i>(Curiosity/Knowledge)</i>	_____	_____	_____
8.	Am I easily influenced by the arguments of other people? <i>(Conviction)</i>	_____	_____	_____

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
9.	Do I genuinely feel interested in the success of my friends and my business associates? <i>(Magnanimity)</i>			
10.	Do I feel confident that I am constantly striving to improve my relationships with others? <i>(Progress/Growth)</i>			
11.	Do I generally have the capacity to make people around me, and those I come across in the normal course of life, feel needed? <i>(Empathy/Care/Love)</i>			
12.	Am I able to remain basically the same person when I am with different groups of people? <i>(Conviction/Steadfast)</i>			
13.	Do I generally make a big fuss about some pettiness when I notice it in other people? <i>(Tolerance)</i>			
14.	Can I assert my opinions clearly and confidently, without causing dimensions and harming my relationships with others? <i>(Assertiveness)</i>			
15.	Is my appearance and manner of dress generally considered as clean, neat and acceptable to others? <i>(Social Conduct/Appearance)</i>			

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
16.	Do I actively participate in the affairs of social, civic, charitable and other fraternal organisations? <i>(Social concern/Contribution)</i>			
17.	Do I appreciate other people often and with genuine love for them? <i>(Appreciation/Love)</i>			
18.	If I am called upon to speak before a group without much advance notice, can I do it acceptably, bringing joy to others and to myself? <i>(Communication/Sharing)</i>			
19.	Do I offer help, advice, and guidance to others when they are in need of it and without expecting anything in return? <i>(Concern/Help)</i>			
20.	Am I able to know what specific social situations make me feel comfortable and why? <i>(Awareness/Social Values)</i>			

Section 3/Sheet A**List showing some of the Key Values in
CAREER DEVELOPMENT**

- | | |
|--|--|
| 1. Accomplishment
2. Accountability/Self/
Others | 3. Administration
4. Affirmation/Worth/
Others |
|--|--|

- 5. Aggression/Pragmatism
- 6. Ambition
- 7. Analysis/Insight
- 8. Appropriateness
- 9. Approval
- 10. Assessment/Self/Others
- 11. Attitudes
- 12. Capability/Aptitude
- 13. Capacity/Leadership
- 14. Choice
- 15. Clarity/Purpose/Goals
- 16. Comfort/Process
- 17. Communication/Non-Verbal
- 18. Communication/Oral/Written
- 19. Communication/Empathy
- 20. Competence
- 21. Consideration
- 22. Consultation/Assignment
- 23. Contribution/Skill/Knack
- 24. Contribution/Social
- 25. Creativity
- 26. Decision/Consultation
- 27. Deserve
- 28. Development/Awareness
- 29. Discussions
- 30. Efficiency
- 31. Empathy
- 32. Engagement/Time
- 33. Enjoyment/Satisfaction
- 34. Example/Setting/Learning
- 35. Excellence
- 36. Expectations/Awareness
- 37. Expectations/Pragmatism
- 38. Expression/Skill/Art
- 39. Freedom/Autonomy
- 40. Fulfilment
- 41. Happiness
- 42. Imagination
- 43. Freedom
- 44. Independence
- 45. Influence/Environment
- 46. Introspection
- 47. Knowledge/Insight/Theory
- 48. Management/Skills
- 49. Memory/Efficiency
- 50. Motive/Interest
- 51. Motivation/Others/Skills
- 52. Motivation/Personal
- 53. Objectivity/Behaviour
- 54. Objectives/Goals
- 55. Optimism
- 56. Orientation/Results
- 57. Perception
- 58. Planning/Goal-setting
- 59. Poise/Equanimity
- 60. Policy
- 61. Procedure
- 62. Process/Management/Grasp
- 63. Purposeful/Objectivity
- 64. Quality/Product/Standard
- 65. Quality/Work/Services
- 66. Regulation
- 67. Relationship/People
- 68. Relationship/Departmental
- 69. Relationship/Skills
- 70. Responsibility
- 71. Returns/Efficiency
- 72. Satisfaction
- 73. Self-employment
- 74. Sharing
- 75. Skills/Learning
- 76. Skills/Friendliness
- 77. Specialisation/Growth
- 78. Success
- 79. Trust/Freedom/Liberty
- 80. Understanding/Business

81. Understanding/
Management
82. Understanding/Practice
83. Understanding/Synthesis
84. Understanding/Theory
85. Understanding/People
86. Understanding/Knowledge

87. Usefulness/Being
88. Utilisation/Talents/Time
89. Vision
90. Visualisation
91. Wealth/Friendship
92. Wisdom

Section 3/Sheet B

CAREER DEVELOPMENT Values

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
1.	Are the skills I possess sufficiently developed to do justice to my work? <i>(Job Skills)</i>	—	—	—
2.	If I am asked to write down the factors which give me a sense of satisfaction in my present career/occupation, can I do it? <i>(Satisfaction)</i>	—	—	—
3.	If I am asked to write down those factors which make me feel dissatisfied about my present career/ occupation, can I do it? <i>(Dissatisfaction)</i>	—	—	—
4.	Have I been making reasonable progress in my career/occupation? <i>(Career Growth)</i>	—	—	—
5.	Can I clearly state what personal values have contributed whenever I was successful (or unsuccessful) in my career? <i>(Success Values)</i>	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
6.	Am I making conscious efforts to acquire specialised areas of knowledge to ensure my career/professional growth? <i>(Knowledge/Growth)</i>			
7.	Am I able to discharge my responsibilities well within the time available to me? <i>(Time Management)</i>			
8.	Are my inner dialogues generally focussed on: — Shortcomings? — Ills about the work situation? — Ills about the society? — Incompetence of superiors? — Inefficiency of others? <i>(Awareness/Introspection)</i>			
9.	Are my expectations about the people I work with: — Generally negative? — Generally positive? — Neutral? — I don't know? — I haven't thought about it? <i>(Expectations)</i>			
10.	Am I acting in a responsible and accountable manner in my work situations? <i>(Responsibility/Accountability)</i>			
11.	Is my present career helping (in some ways) to achieve my future			

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
12.	career goals? (Career Growth) Am I making some positive contributions to the society, of which I am a part, through my work? (Contribution/Society)	_____	_____	_____
13.	Do I possess sufficient practical understanding of the management/business process? (Learning/Growth)	_____	_____	_____
14.	Am I making concerted efforts to clarify the precise results expected of me in my work? (Objectivity/Awareness)	_____	_____	_____
15.	Do I find that projects are always thrust upon me without even consulting me first? (Being Passive/Assertive)	_____	_____	_____
16.	Am I generally satisfied with the inter-departmental relationships I maintain at work? (Career Relationships)	_____	_____	_____
17.	Do I feel confident that my skills of communication are sufficiently well developed? (Communication Skills)	_____	_____	_____
18.	Am I in the habit of consulting my subordinates before I take decisions which could affect them and their work? (Collective Bargaining)	_____	_____	_____

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
19.	Am I generally aware of the methods I adopt in motivating others to do the jobs? <i>(Attitude Motivation/ Fear/Incentive)</i>			
20.	Am I good at my abilities to speak with clarity and be understood by persons of different phases, culture and walks of life? <i>(Interpersonal Skills)</i>			

Section 4/Sheet A**List showing some of the Key Values related to MONEY**

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|------------------------------------|----------------------------------|
| 1. Accountability | 20. Dependence/Self |
| 2. Achievement/Success/
Earning | 21. Deserving/Growth |
| 3. Accumulation/
Savings | 22. Development/Growth/
Worth |
| 4. Adequacy/Sufficiency | 23. Discrimination/Wisdom |
| 5. Administration/Control | 24. Duty/Obligations |
| 6. Assessment/Self/
Capacities | 25. Economics/Control/Profit |
| 7. Assistance/Support | 26. Economics/Success |
| 8. Attitudes/Positive | 27. Efficiency |
| 9. Bargaining | 28. End/Utilisation |
| 10. Budgeting | 29. Entertainment/Recreation |
| 11. Carefulness | 30. Equanimity |
| 12. Clarity/Goals | 31. Expectations |
| 13. Commitment/Action | 32. Fairness/Justice |
| 14. Competence | 33. Food/Warmth/Shelter |
| 15. Confidence | 34. Fulfilment/Obligations |
| 16. Contentment/Wisdom | 35. Generosity |
| 17. Courage | 36. Interdependence |
| 18. Credibility/Trustworthy | 37. Knowledge/Insight |
| 19. Criteria/Rationality | 38. Management/Efficiency |
| | 39. Maturity |
| | 40. Objectives/Goals |

- | | |
|---------------------------|--------------------------|
| 41. Objectivity | 52. Protection/Assurance |
| 42. Observation/Learning/ | 53. Reality/Awareness |
| Wisdom | 54. Relaxation/Enjoyment |
| 43. Planning/Growth | 55. Reliance/Self |
| 44. Power/Authority | 56. Responsibility |
| 45. Pragmatism | 57. Returns |
| 46. Pride/Satisfaction | 58. Satisfaction/Needs |
| 47. Priorities | 59. Savings |
| 48. Productivity | 60. Security |
| 49. Progress | 61. Sharing/Giving |
| 50. Promptness | 62. Solutions |
| 51. Property/Control | 63. Utilisation |

Section 4/Sheet B

MONEY Values

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
1.	Do I feel that I know how to use money productively? <i>(Productivity)</i>	—	—	—
2.	Do I engaged in systematic planning of financial development in my life? <i>(Management/Development)</i>	—	—	—
3.	Do I believe in setting, and acting within 'operating budgets'? <i>(Budgeting/Controlling)</i>	—	—	—
4.	Have my earnings increased at a satisfactory pace during the past five years? <i>(Growth/Financial)</i>	—	—	—
5.	Is wise buying and spending a total concern within my family? <i>(Collective Wisdom)</i>	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
6.	Do I intelligently observe how other people in my income bracket, manage to put their finances to more productive uses? <i>(Personal Wisdom/ Observation)</i>	—	—	—
7.	Do I feel justly proud of the material comforts I provide to myself and to my family members? <i>(Objectivity)</i>	—	—	—
8.	Am I overtaxing myself to earn money even at the cost of things I cherish doing? <i>(Self-sufficiency)</i>	—	—	—
9.	Can I pay other people fairly for the work done, promptly and without much cribbing? <i>(Fair Dealings)</i>	—	—	—
10.	Am I careful with others' money as I am with mine? <i>(Attitude)</i>	—	—	—
11.	Do I often engage in gambling with money as a primary source of entertainment? <i>(Responsibility/Using Money)</i>	—	—	—
12.	Do I pay my bills promptly and on due dates? <i>(Promptness/Concern for others)</i>	—	—	—
13.	Could I meet my financial obligations if I were unable to work	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
14.	for a six-month period? (Savings/Future Provisions)			
15.	Am I doing anything concrete to increase my worth, and thus add to my financial income? (Planning/Growth)			
16.	Am I capable of living happily within my financial income? (Wisdom/Pragmatism)			
17.	Do I often put a high stress on bargaining before parting with my money? (Tightfisted/Bargains)			
18.	Do I often feel that with more money, all my financial problems shall disappear? (Wisdom)			
	Am I often tempted to buy things and accumulate them? (Security)			

Section 5/Sheet A**Sheet showing some of the Key Values related to PHYSICAL WELL-BEING**

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|-----------------------------|-----------------------------|
| 1. Acceptance | 10. Competence |
| 2. Achievement/Success | 11. Consciousness/Awareness |
| 3. Activity | 12. Consistency |
| 4. Adaptability/Flexibility | 13. Construction/New Order |
| 5. Atonement | 14. Control/Exercise/Order |
| 6. Attitude/Positive | 15. Control/Discipline |
| 7. Autonomy | 16. Criteria/Rationality |
| 8. Awe/Wonder/Curiosity | 17. Decision-making |
| 9. Cheerfulness | |

18. Detachment
 19. Diet/Balance/Nutrition
 20. Discovery/Delight
 21. Energy
 22. Enjoyment/Pleasure
 23. Equilibrium/Health
 24. Experience
 25. Expressive/Freedom
 26. Fitness/System
 27. Freedom/Will
 28. Food/Habit/Nutrition
 29. Function
 30. Growth/Expansion
 31. Habits/Formation
 32. Harmony
 33. Health/Personal
 34. Imagination
 35. Integration/Wholeness
 36. Intelligence/Application
 37. Maintenance
 38. Medicine
 39. Membership/Institution
 40. Nourishment
 41. Objectivity
 42. Observation/Self
 43. Participation/Activity
 44. Play/Leisure
 45. Priorities
 46. Productivity
 47. Psychosomatic
 48. Recreation/Free Sense
 49. Regularity
 50. Relationship/Consultant Help
 51. Relaxation
 52. Repair/Maintenance
 53. Response
 54. Responsibility/Management
 55. Rest
 56. Retention
 57. Safety/Security
 58. Safety/Survival
 59. Sanitation/Hygiene
 60. Search/Meaning
 61. Security/Safety
 62. Self-competence/Confidence
 63. Self-control
 64. Self-direction
 65. Self-worth
 66. Serenity/Peace
 67. Tolerance
 68. Truth/Wisdom/Insight
 69. Understanding/Knowledge
 70. Vacation/Recreation
 71. Well-being
 72. Work/Labour
 73. Workmanship/Craft
 74. Yoga

Section 5/Sheet B**PHYSICAL WELL-BEING**

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
1.	Are my habits generally consistent with maintaining good health? <i>(Habits)</i>	_____	_____	_____

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
2.	Am I addicted to anything, without which I just cannot go on with my normal working and living? (Addiction)			
3.	Can I fast completely for 24 hours without much physical and emotional strain? (Leadership/Self-control)			
4.	Do I often engage in improving my awareness and understanding necessary for continual development of physical health and well-being? (Insight/Knowledge/Learning)			
5.	Do I know how to relax completely? (Relaxation)			
6.	Do I often willingly engage in conversations about my illness and deprivations?			
—	Do I often willingly engage in conversations about good health and enrichments? (Attitudes)			
7.	Do I know what 'Psychosomatic Diseases' are? (Body/Mind Link)			
8.	Do I get as much physical exercise as I need to keep myself in good working condition? (Maintenance)			

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
9.	Do I generally get carried away by the advice of others about good health? <i>(Conviction)</i>			
10.	Do I feel that I am competent enough to take charge of myself and am able to work towards my growth and physical well-being? <i>(Self-direction)</i>			
11.	Are my attitudes towards my own health in the best, long-range interests of my family? <i>(Concern/Others)</i>			
12.	Do I generally have well-informed views about major health hazards that people seem to suffer from all over? <i>(Awareness/Knowledge)</i>			
13.	Am I a slave to my tongue, to the extent that I cannot relish any other foods than those which I have special liking for? <i>(Addiction/Conditioning)</i>			
14.	Do I know how to respond intelligently to the various reactions of my body at different times? <i>(Self/Body Awareness)</i>			
15.	During holidays, am I generally able to detach myself from my career-related work completely? <i>(Detachment/Relaxation)</i>			

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
16.	When I visit a sick friend in hospital, am I generally conscious about the topics I should discuss and those I should avoid? <i>(Awareness/Concern)</i>	<hr/>	<hr/>	<hr/>
17.	Have I ever wondered at the complex mechanism that the body is, and how it continues to function silently and efficiently? <i>(Awe/Wonder/Curiosity)</i>	<hr/>	<hr/>	<hr/>
18.	Do I have any explanations as to how and why so many people, who live in the dirtiest slums, are healthy and strong? <i>(Realisation/Truth)</i>	<hr/>	<hr/>	<hr/>
19.	Do I know how to relax every part of my body consciously, progressively and systematically? <i>(Relaxation/Awareness)</i>	<hr/>	<hr/>	<hr/>
20.	Do I enjoy long walks? <i>(Awareness/Exercise)</i>	<hr/>	<hr/>	<hr/>

Section 6/Sheet A

List showing some of the key values related to MIND DEVELOPMENT

- 1. Acceptance
- 2. Accomplishment
- 3. Achievement/Success
- 4. Accountability/Self
- 5. Adaptability/Flexible
- 6. Adequacy
- 7. Alertness
- 8. Analysis/Organisation
- 9. Aspiration/
Achievement
- 10. Assertion/Self
- 11. Attitudes
- 12. Being/Self
- 13. Capacity/Self
- 14. Confidence/Self
- 15. Construction/New Order

- 16. Contemplation/
Asceticism
- 17. Control/Discipline/Order
- 18. Conversation/Self-awareness
- 19. Courage
- 20. Courtesy/Respect
- 21. Creativity/Ideation
- 22. Criteria/Rationality
- 23. Culture/Development
- 24. Curiosity/Sensitivity
- 25. Dependence
- 26. Detachment/Solitude
- 27. Determination/Firmness
- 28. Dignity
- 29. Discovery/Delight
- 30. Education/Certification
- 31. Education/Insight
- 32. Efficiency
- 33. Equilibrium/Poise
- 34. Expansion/Self
- 35. Expectations
- 36. Exploration/Search
- 37. Expressiveness/Freedom
- 38. Evaluation/Self Systems
- 39. Faith/Beliefs
- 40. Fantasy/Play
- 41. Foresight
- 42. Formation/Habits
- 43. Functioning
- 44. Growth/Expansion
- 45. Harmony/Systems
- 46. Honour
- 47. Imagination
- 48. Independence
- 49. Initiative
- 50. Intellect/Curiosity
- 51. Intimacy/Solitude
- 52. Interdependence
- 53. Invention/Creativity
- 54. Laws/Guide
- 55. Learning/Curiosity
- 56. Learning/Understand/Skill
- 57. Listening/Understanding
- 58. Management/Self
- 59. Memory Efficiency
- 60. Mission/Goals
- 61. Modes/Alternatives
- 62. Objectivity
- 63. Observation/Insight
- 64. Patriotism/Esteem
- 65. Pioneering/Invention
- 66. Planning
- 67. Planning/Future Growth
- 68. Points of View/Alternatives
- 69. Poise/Control
- 70. Power/Authority
- 71. Pragmatism
- 72. Productivity
- 73. Pursuit/Excellence
- 74. Reading/Purposeful
- 75. Reading/Comprehension
- 76. Recreation/Free Sense
- 77. Relaxation
- 78. Research/Openness
- 79. Resolution/Firmness
- 80. Responsibility
- 81. Richness
- 82. Reliance/Self
- 83. Self-centred
- 84. Self-confidence/Competence
- 85. Self-control
- 86. Self/Delight/Joyful
- 87. Simplicity/Playfulness
- 88. Sleep/Rejuvenation
- 89. Solutions/Alternatives

90. Supplement/Refreshment
 91. Synthesis/Relate
 92. Talents/Utilisation
 93. Training/Development

94. Truth/Wisdom/Insight
 95. Trust/Self
 96. Visualisation
 97. Vitality/Freshness

Section 6/Sheet B**MIND DEVELOPMENT Values**

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
1.	Do I still feel the spirit of exploration and adventure as I felt as a child? <i>(Spontaneity)</i>	—	—	—
2.	Do I rate myself high in my abilities to form relationships, to connect current events and their ultimate effects on myself and my career/profession/business? <i>(Observation/Insight)</i>	—	—	—
3.	Do I enjoy the process of wide and varied reading? <i>(Curiosity/Learning/Knowing)</i>	—	—	—
4.	Do I often talk as if I am of 'average' or 'poor' capacity <i>(Self-image)</i>	—	—	—
5.	Do I allot time for and engage myself in cultural and mental development? <i>(Expansion/Mind)</i>	—	—	—
6.	Am I generally well-informed about the environment, events and people? <i>(Perspectives)</i>	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
7.	Do I strive to use my imagination and inventive powers to solve problems that I come across in day-to-day living? <i>(Resources/Synthesis)</i>	—	—	—
8.	Do I generally feel the sense of accomplishment, well-being and purpose within me? <i>(Self-sufficiency)</i>	—	—	—
9.	Am I generally very enthusiastic about all the activities that I am responsible for? <i>(Enthusiasm/Zest)</i>	—	—	—
10.	Can I keep myself usefully engaged and happy if I have to remain alone for long periods of time? <i>(Serenity)</i>	—	—	—
11.	Do I consider my learning rate to be fast and deep enough? <i>(Learning/Comprehension)</i>	—	—	—
12.	Do I often blame 'other people' to cover up my shortcomings? <i>(Self-image)</i>	—	—	—
13.	Do I often consciously analyse my thoughts deeply and organise them towards achieving worthy goals? <i>(Analysis/Re-organisation)</i>	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
14.	Do I feel that without a cup of tea or a cigarette or some such other thing, my day cannot begin? <i>(Addiction/Self-control)</i>			
15.	Can I habitually think of more alternate solutions to problems than merely just one? <i>(Pragmatism/Alternatives)</i>			
16.	Do I sometimes feel that I should recapture the vitality, freshness and the sense of wonder I used to feel when I was younger? <i>(Youth/Vitality/Conditioning)</i>			
17.	Am I addicted to any form of negative mental conditioning such as: — "What will other people think of me?" — "It is too late to do anything now. . ." — "There is no point in trying now. I know it will not work. So many have already failed." <i>(Hopeful vs Hopelessness)</i>			
18.	Do I sleep well? <i>(Sleep/Relaxation)</i>			
19.	Can I, and do I, generally accept responsibility for my failures without offering unwanted excuses? <i>(Accountability/Acceptance)</i>			

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
20.	Do I feel very strongly about certain types of food, to the extent that I do not even try something new or different? <i>(Openness/Pragmatism)</i>	—	—	—

Section 7/Sheet A

**List showing some of the Key Values in
SELF-ACTUALISATION**

- | | |
|----------------------------|-----------------------------------|
| 1. Acceptance | 28. Detachment |
| 2. Adequacy | 29. Development/Ethics |
| 3. Admiration/Wonder | 30. Discovery/Delight |
| 4. Affection/Love | 31. Divinity |
| 5. Alive | 32. Ecstasy/Beauty/
Aesthetics |
| 6. Art/Beauty | 33. Effortlessness |
| 7. Attainment/Success | 34. Equanimity/Poise |
| 8. Attainment/Success | 35. Ethics/Empathy |
| 9. Austerity/Lack of Greed | 36. Excellence |
| 10. Awakening | 37. Faith/Belief |
| 11. Celebration | 38. Freedom/Expressiveness |
| 12. Change/Progress | 39. Genuineness |
| 13. Charity | 40. Giving/Sharing |
| 14. Compassion/Love | 41. Goal/Ultimate |
| 15. Completion | 42. God |
| 16. Concentration | 43. God/Personal Equation |
| 17. Concepts | 44. Goodness |
| 18. Concern | 45. Honesty/Truthfulness |
| 19. Conduct (Self) | 46. Honour |
| 20. Congruence | 47. Humility |
| 21. Contemplation | 48. Individuality |
| 22. Contribution | 49. Ingenuity |
| 23. Conviction | 50. Influence/Community |
| 24. Creation/Invention | 51. Inquiry |
| 25. Credibility | 52. Intuitive Insight |
| 26. Deserving | 53. Joy/Serenity/Happiness |
| 27. Destiny | |

54. Justice
 55. Law/Principles/Guide
 56. Liberation
 57. Life/Self-actualisation
 58. Meaningfulness
 59. Meditation
 60. Membership/Institution
 61. Morality
 62. Nature
 63. Obedience
 64. Order
 65. Perfection
 66. Philosophy
 67. Playfulness
 68. Points of view
 69. Prayer
 70. Pride/Deserving
 71. Principles/Laws
 72. Purpose
 73. Reading/Wisdom
 74. Realisation (Self)
 75. Religion
 76. Responsibility (Social)
 77. Richness 78. Rituals/Practices
 79. Search/Discovery/
 Meaning
 80. Secularism
 81. Self/Delight
 82. Self-sufficiency
 83. Serenity/Peace
 84. Service/Vocation
 85. Spiritual Code
 86. Supportive/Society
 87. Surrender
 88. Sympathy
 89. Synergy
 90. Tolerance
 91. Traditions/Culture
 92. Transcendence/Global
 93. Trustworthiness
 94. Truth
 95. Universality
 96. Unlimited
 97. Wisdom
 98. Wonder/Awe/Curiosity
 99. Wonder/Nature
 100. Zest

Section 7/Sheet B**SELF-ACTUALISATION**

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
1.	Do I feel a moral responsibility to develop and utilise my talents for the common good? <i>(Contribution)</i>	—	—	—
2.	Do I consciously seek to find out the values behind the rules I live by? <i>(Discovery)</i>	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
3.	Do I enjoy the serenity and peace of mind to face any challenges life may pose for me? <i>(Acceptance)</i>			
4.	Do I feel a deep sense of joy in keeping things in proper order? <i>(Orderliness)</i>			
5.	Can I discuss my beliefs without ever having to become defensive about them? <i>(Freedom from guilt)</i>			
6.	Do I often feel that I am engaged in the pursuit of excellence? <i>(Pursuit of Excellence)</i>			
7.	Do I treat my personal servants with fairness and compassion? <i>(Fairness and Compassion)</i>			
8.	Am I generally known as a person who shall remain committed to his words and promises? <i>(Credibility)</i>			
9.	Do I impart to my children ethical, moral and spiritual codes and training? <i>(Development/Others)</i>			

Planned Personality Development

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
10.	Do I meditate? (Meditation/ Introspection)	—	—	—
11.	Am I generally creative and imaginative? (Creativity)	—	—	—
12.	Is it possible to succeed and be happy in this world by practising truth? (Truthfulness)	—	—	—
13.	Do I feel embarrassed to speak to the poor man on the street? (Humility/Concern/Care)	—	—	—
14.	Am I motivated by luck, charms, or any other 'wishful' beliefs other than dedicated hard work? (Dedication vs Escapism)	—	—	—
15.	Do I ever feel in a moral or spiritual way that I am responsible for the welfare and happiness of others in the society? (Social Contributions)	—	—	—
16.	Can I love a poor, racially downtrodden person as much as my kith and kin? (Universality)	—	—	—
17.	Do I engage in and enjoy the process of meditating? (Peace)	—	—	—

(1) S. No.	(2) Question	(3) Yes/No	(4) OK/Not OK	(5) Value
18.	Do I generally understand the principles behind my spiritual beliefs? <i>(Meaningfulness)</i>	—	—	—
19.	Do I experience and enjoy a certain degree of effortlessness in living? <i>(Effortlessness)</i>	—	—	—
20.	If I am asked to define 'beauty' in a deeper sense, can I do it well alongwith some examples? <i>(Beauty)</i>	—	—	—

Section 1 to 7—Sheet C: Value Ranking

(Deliberation and Ranking of Values discovered in Column 5 of Sheet B)

Action Procedure

1. Prepare a separate sheet of paper for each of the seven areas, shown, and mark the following columns.
2. Enter all those values that you will need to work on, below each specific section.
3. Mark their relative priority against the 5 columns.

S. No.	Description of Value <i>(Already identified in the Sheets B)</i>	Personal Preference Scale of this Value to Me.				
		1 Very High	2 High	3 So-so	4 Below Par	5 Weak
	Family Relationships					

People Relationships

S. No.	Description of Value (Already identified in the Sheets B)	Personal Preference Scale of this Value to Me.				
		1 Very High	2 High	3 So-so	4 Below Par	5 Weak

Career Growth

Money

Physical Well-being

Mind Development

Self-actualisation

Sheet D: Action Procedures

After studying each of the values and their relative priorities, respond by acting on each of the values through the step-by-step procedure indicated below:

1. Description of Value

2. Define Goals (What do I want to accomplish/achieve?)

3. What are the obstacles and road blocks? (What's between me and my goals?)

4. How can I overcome these obstacles? (Action Plans)

5. What am I actually going to do? (Decision)

6. What are the rewards I get when I achieve this goal?

7. Are these rewards really worthwhile to me? YES NO
Enter any specific reactions you may have.

8. Target date for achieving this goal. _____

9. Space for any specific thoughts/ideas you may have for working on/attaining the above.
