

INNER QUALITIES

Put a star next to the actions that match the quality. Put an 0 next to the actions that don't match the quality.

Patience

- Waiting your turn to speak.
- Interrupting others.
- Working as a team.

Service

- Supporting someone else's idea.
- Volunteering to help.
- Complaining when asked to do something.

Humility

- Thinking your idea is the best.
- Asking someone else to share their view.
- Offering your viewpoint as a suggestion.

Detachment

- Being okay with not being first.
- Doing whatever it takes to win.
- Being peaceful when someone else's idea is chosen.

Purity of Motive

- Being curious.
- Being respectful.
- Interrupting others so you can share your idea.

Radiance of Spirit

- Activating your inner smile.
- Grumbling and complaining.
- Adopting a positive attitude.

Attraction to the Divine

- Listening thoughtfully and deeply when others speak.
- Noticing the positive qualities in the people around you.
- Criticizing and finding fault with others.