

# 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.