PERSONAL CHARACTERISTICS I CONSIDER IMPORTANT

Rate the following personal characteristics in terms of how important you think they are - how much you would want to have these characteristics in your ideal self.

(1 = Not at all important; 5 = Very important)

_____ Ambitious (hardworking, aspiring)  _____ Cheerful (lighthearted, joyful)
_____ Broadminded (open-minded)  _____ Clean (neat, tidy)
_____ Capable (competent, effective)  _____ Courageous (stand up for your beliefs)
_____ Forgiving (will pardon others)  _____ Helpful toward others
_____ Honest (sincere, truthful)  _____ Trustworthy (reliable, responsible)
_____ Imaginative (daring, creative)  _____ Independent (self-reliant)
_____ Intelligent (thoughtful, reflective)  _____ Logical (consistent, rational)
_____ Loving (affectionate, tender)  _____ Obedient (dutiful, respectful)
_____ Polite (courteous, well-mannered)  _____ Self-controlled (disciplined)
_____ Considerate  _____ Sociable
_____ Friendly  _____ Thrifty
_____ Religious  _____ Independent
_____ Optimistic  _____ Realistic
_____ Peace-loving  _____ Energetic
_____ Tolerant  _____ Interested in sex relations
_____ Masculine  _____ Feminine
_____ Accepting of self  _____ Mature
_____ Self-confident  _____ Calm (relaxed, not nervous)
_____ Stubborn  _____ Skeptical
_____ Aware of self  _____ Serious (not frivolous)