

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)

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| _____ 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) |