PRE Curriculum

Worksheet 7.3.1c (2)

The Three Gunas: Questionnaire

Please circle the option (a, b or c) that represents you the most. You can sometimes circle more than one option if you think it also say something about you.

1. My room is tidy and clean…

a) Always
b) Sometimes
c) Rarely (or never!)

2. I take shower or bath….

a) Every Day
b) At least once a week
c) Once a month

3. I usually eat…

(a) Freshly cooked vegetarian food
(b) Spicy and hot food or too much food
(c) From MacDonald's

4. I think that learning is good for….

(a) Developing wisdom and good character
(b) Gaining a successful career and lots of money
(c) Nothing – it's a waste of time!

5. The word that describes me most is…

(a) Happy all or most of the time
(b) Looking forward to the future!
(c) Unhappy most of the time

6. I complete my homework…

(a) Well before it is due
(b) Just before it is due
(c) I rarely do my homework. When I do, it is very late

7. I usually get up…

(a) Well before leaving home for school
(b) Just before I leave home
(c) Too late for being in time for school

8. I mostly enjoy….
   (a) Listening to Bhajans and Kirtan or other spiritual songs
   (b) Shopping
   (c) Watching TV all day

9. I am self-disciplined ….
   a. Always
   b. Sometimes
   c. Never

10. I know how people around me feel
   (a) I am always attentive about hurting other people feelings and often ask them 'are you OK?
   (b) I am usually aware of how I feel but not about others
   (c) I am don't care about my feelings and the feelings of those around me

Activity:

Please complete the table by writing down how many of a, b or c you have circled.	
Number of 'a's	
Number of 'b's	
Number of 'c's	

Extension Exercise:

Write down what is your (a) main strength and (b) where you need to improve most?

Why is it better to act in goodness? Explain why