

# 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 Exercises:**

First: please note that answer a = sattva-guna, answer b = rajo-guna and answer c = tamo-guna.

1. Write down what is your (a) main strength and (b) where you need to improve most?
2. Why is it better to act in goodness? Explain why