

Reflection on the 10 "Perfections"
(or Ideals) of a Spiritual Path (Phases 1 and 3)

Date

Reflect on the past week and rate the extent to which the self-schema that you habitually-activated during that time expressed the following "paramis" (perfections)

Generosity	0% <input type="button" value="v"/>
Morality	0% <input type="button" value="v"/>
Rununciation	0% <input type="button" value="v"/>
Wisdom	0% <input type="button" value="v"/>
Effort	0% <input type="button" value="v"/>
Tolerance	0% <input type="button" value="v"/>
Truth	0% <input type="button" value="v"/>
Strong Determination	0% <input type="button" value="v"/>
Selfless Love	0% <input type="button" value="v"/>
Equanimity	0% <input type="button" value="v"/>
Other:	0% <input type="button" value="v"/>
<input type="button" value="Clear ratings"/>	

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