

What are your personal standards like in the following areas?

The way you dress.

The language you use.

Your vocabulary you use.

The way you talk to yourself.

The way you treat people.

The way you expect to be treated by others.

The cleanliness and order of your physical environments.

The maintenance and repair of your things.

The way you reward or treat yourself.

The way you take care of your health.

The way you take care of your teeth, your nails, your hair, your breath.

The way you show gratitude for the efforts of others.

The way you pay your bills or make good on debts.

The way you handle money.

The way you value yourself.

The way you ensure your long-term success.

The way you communicate.

The way you ensure that you do what you say you will do.