

Education for Life Skills Matrix Developing a Healthy Sense of Self

Quality Level* ▶ ▼	Integrity	Self-Image	Usual Demeanor	Self-Improvement	Appearance
Light	Spontaneous truthfulness, regardless of consequences	Calm, enduring sense of self-worth; Contented	Cheerful; Even-minded; Self-controlled	Refined moral sense; Actively seeks out ways to improve	Simple; Modest; Suited to the occasion
Ego-Active Light	Truthful because of others' expectations	Self-esteem based on support of others or accomplishments	Serious; Ambitious; Curious	Willing to reform; Slow to accept a principle but persistent in following it	Dresses to attract attention or gain respect
Ego-Active Heavy	Manipulative; Willing to lie to get one's way	Proud; Egotistical	Turbulent; Nervous; Garrulous	Thoughtlessly accepts a principle then easily gives it up; Lawless behavior	Immodest; Intentionally provocative or offensive
Heavy	Evasive; Says whatever is convenient	Lacking in self-respect	Moody; Lethargic; Apathetic	Oblivious to opportunities for self-improvement	Slovenly; Uncaring

*Levels of Development:

Light = enthusiastic, expansive, sensitively aware

Ego-Active = high energy, focus on self/ego

Heavy = undeveloped, contractive, low energy