

## Composite scale of Positive Characters comprising of Prudence, Humility, Self-regulation, and Gratitude (PHuSeG-10)

**Instruction:** Please consider the following statement. How well it describes your feelings and expressions? By ticking ✓ in the box that best matches your feelings and expressions.

- |   |   |                    |
|---|---|--------------------|
| 1 | = | Not at all like me |
| 2 | = | Almost not like me |
| 3 | = | Somewhat like me   |
| 4 | = | Almost like me     |
| 5 | = | Like me the most   |

	Item	1	2	3	4	5
1	Usually, I will monitor the progress of my work to reach the goal.					
2	When I have a goal, I was able to make plans to achieve that goal.					
3	When I decided to change something, I will pay full attention to what to do.					
4	can accept and appreciate the good things of others.					
5	I tend to treat others politely.					
6	There are so many things in my life that I am grateful for.					
7	I always thought of the consequences before doing things					
8	I think that tolerance for better results in the future is good and should be done.					
9	I always have plans for my future.					
10	I like to ponder decisions. Weighing up the good and bad effects before making any decisions					