1. *Kamma*: The mental legacy left by the volition to perform good and bad actions.
2. *Anusaya*: The mental legacy left by unwholesome mental states such as greed, anger, etc., that motivated unwholesome deeds, ie. 7 latent torments.
3. *Pārami*: The mental legacy left by wholesome mental states involved in generosity, morality, etc. ie. 10 pārami profile.
4. *Ajīhasaya*: liking and disliking that are related to previous experiences.
5. *Vesana*: tendencies that are associated with our past habits.
6. *Carita*: mentality that we cultivated in the past. ie. 6 Buddhist personality types.

**Pārami profile**

Identify your 3 most developed baseline *pārami.*

1. ____________________________
2. ____________________________
3. ____________________________

Identify your 3 least developed baseline *pārami.*

1. ____________________________
2. ____________________________
3. ____________________________

**Index of Latent torments**

Identify most active latent torment is from each category: What practice will you use to address it?

1. Attachment:__________________________
   ____________________________
2. Aversion: ____________________________
   ____________________________
3. Conceit: ____________________________
   ____________________________
4. Wrong view: ____________________________
   ____________________________
5. Skeptical doubt: ____________________________
   ____________________________
6. Delusion: ____________________________
   ____________________________
7. Other: ____________________________
   ____________________________

**Baseline mentality - personality type:**

Identify your baseline mentality along a 5-point scale from 1- not much, ...3- 50/50, ...5-very much

1. _____Greedy
2. _____Aversive
3. _____Deluded
4. _____Faithful
5. _____Discerning Wisdom
6. _____Speculative