

Personal Inventory -- Daily Check In

Each evening check in with yourself and think through your day trying to identify at least three instances of **Selfishness, Dishonesty, Resentment, Fear** and **Pride** or whichever characteristics you struggle with the most. Determine whether you need to make amends to anyone. You can either make copies of this form to use every day, or use this as a template and write the answers in a notebook. If you will consistently identify and address these areas then they will be less likely to become fuel for acting out in unhealthy ways.

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SELFISHNESS (...self-serving, self-seeking, self-centered, self-absorbed, my will, focus on my needs, all about me, blames others)	
DISHONESTY (...with self or others)	
RESENTMENT (...anger, frustration, bitterness)	
FEAR	
PRIDE (..."better than," critical, my will, rely on self rather than God, demanding, not humble or teachable)	