

# PERSONAL INVENTORY -- Daily Check In

## *Daily Repentance and Change*

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Each evening check-in with yourself and think through your day to identify and list at least two instances of **Selfishness, Dishonesty, Resentment, Fear** and **Pride** or whichever characteristics you struggle with the most. Determine whether you also 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. This worksheet will help you identify what to repent of and what you need to change. As you consistently identify and address these areas, they will be less likely to become fuel for acting out in unhealthy ways.

<b>SELFISHNESS</b> (...self-serving, self-seeking, self-centered, self-absorbed, my will, focus on my needs, all about me, blames others)	
<b>DISHONESTY</b> (...with self or others)	
<b>RESENTMENT</b> (...anger, frustration, bitterness)	
<b>FEAR</b> (...worry, anxiety)	
<b>PRIDE</b> (..."better than," critical of others, my will, rely on self rather than God, demanding, not humble or teachable)	
<b>OTHER</b> (...identify any other struggle, weakness you notice that you'd like to change)	