

LOOKING AT MYSELF

IN RELATIONSHIP TO MYSELF

1. Do I try to keep a positive way of being or do I give into depression and self pity?
2. Do I put myself down?
3. Do I let fear limit my potential and freedom?
4. Do I seek communication and help when I need it?
5. Do I take care of my health and my body?
6. Do I have a healthy attitude towards my sexuality?
7. Am I too self centered?
8. Do I work on controlling dangerous attitudes of greed, envy and laziness?
9. Do I make full use of my time, energy and talents?
10. Do I regularly look into my motives and patterns of action ?
11. Am I lazy or careless in my responsibilities?
12. Do I act superior to others or show pride, lust or arrogance?

IN RELATIONSHIP TO OTHERS

1. Do I really love others as myself?
2. Do I help others to grow spiritually?
3. Do I use others for my own selfish interests?
4. Do I show caring toward my family or do I take them for granted?
5. Have I sexually used others?
6. Have I been hateful, prejudice, discriminating toward others?
7. Have I stolen or abused others property?
8. Do I share with others what God has given me?
9. Have I injured the life or reputation of others?
10. Do I respect life?
11. Do I work for justice and betterment of this world?
12. Do I show respect for my parents?
13. Do I apologize and ask forgiveness when I hurt others?
14. Am I jealous of others?
15. Do I forgive others who hurt me?
16. Am I honest in my relationships and interactions?
17. Do I keep promises and commitments?
18. Do I show my real feelings towards others?
19. Am I willing to show my love and affection?
20. Do I make fun of others for their beliefs and way of being?
21. Do I seek to dominate and manipulate others so I can have my way?
22. Do I try to help others even those I do not like?

IN RELATIONSHIP TO GOD

1. Do I worship Him regularly with others?
2. Do I take time for spiritual growth?
3. Am I open to changes called for by Gods spirit in my heart?
4. Do I work to eliminate false gods in my life?
5. Do I pray each day with love and trust?
6. Do I turn to God in good times and bad times and times of temptation?
7. Do I seek to deepen my understanding of my faith?
8. Do I accept Gods love for me with my whole heart?
9. Do I thank and praise God for his gifts?
10. Am I ready to accept the Inner Conversion God calls me to?
11. Is my whole life lived towards loving God and seeking his plan for humanity?
12. Do I work to see God in other people?