

1= HELP!

9=Stable

Stewarding My Time, Talents, and Treasures

1. I am intentional about showing love to others by the way I serve them with my gifts/talents.
1 2 3 4 5 6 7 8 9
2. I have been intentional about spending appropriate time with my family/household.
1 2 3 4 5 6 7 8 9
3. My family/household is enjoying joy and harmony.
1 2 3 4 5 6 7 8 9
4. My time with technology or media has not displaced time with God, family, friends, work, or my neighbors.
1 2 3 4 5 6 7 8 9
5. I have spoken to and about others with edifying words, not with words that damaged them or their reputation.
1 2 3 4 5 6 7 8 9
6. I pray about my financial expenditures, and I am intentionally generous with others. People can tell from my financial expenditures that God is my greatest treasure.
1 2 3 4 5 6 7 8 9
6. I am intentional about the use of my spare time to pursue wholesome activities.
1 2 3 4 5 6 7 8 9
7. I am intentional about my diet, exercise, and sleep habits.
1 2 3 4 5 6 7 8 9
9. I am not creating the impression that I am better than I am. I do not exaggerate or make much of myself.
1 2 3 4 5 6 7 8 9
10. I am feeling energized for the week ahead.
1 2 3 4 5 6 7 8 9

Sexual Purity

11. I have avoided looking at pornography or other sexually provocative images online or offline.

1 2 3 4 5 6 7 8 9

12. I have avoided images, interactions, or stories online I knew could be seductive or titillating (but wouldn't necessarily be considered "pornographic").

1 2 3 4 5 6 7 8 9

13. I have kept my eyes from second glances and kept my mind from entertaining thoughts about someone (other than my spouse).

1 2 3 4 5 6 7 8 9

14. I have actively avoided known triggers of sexual temptation or titillation.

1 2 3 4 5 6 7 8 9

15. I am successfully fighting the desire to be noticed by or to attract the attention of other men or women (other than my spouse).

1 2 3 4 5 6 7 8 9

16. I have not spent time with a man or woman in a way that could be viewed as compromising to my purity (or my faithfulness to my spouse).

1 2 3 4 5 6 7 8 9

Satisfaction in God

17. I am *resting* completely in what Christ has done for me—not obsessing about my own failures nor putting stock in my own performance.

1 2 3 4 5 6 7 8 9

18. Regularly focusing on the gospel gives me great joy that overcomes life's disappointments.

1 2 3 4 5 6 7 8 9

19. When I hear disappointing news, I do not complain or live in doubt or fear, but instead I am inspired to pray and trust in God's care and providence.

1 2 3 4 5 6 7 8 9

20. I am enjoying prayer, and I am praying for others and myself with consistency.

1 2 3 4 5 6 7 8 9

21. The Bible is consistently shaping the way I think and live. I spend regular time reading God's words, and as a result of that time, I have decided to better trust and obey God.

1 2 3 4 5 6 7 8 9

Dispositions of the Heart

22. Though Christ is the one I want to put at the center of my life, there are specific people, experiences, or objects that I am tempted to make a chief source of my significance, satisfaction, and fulfillment. (Circle all that apply.)

Financial Security	Hobby	Friends
Future Spouse	Career	Health
Girlfriend/Boyfriend/Spouse	My Image	Comfort
Food	Social Media	Opinions of Others
Parent	Sexual Pleasure	Other_____

23. I am currently fighting these dispositions in my heart. (circle all that apply.)

Pride	Deceptiveness	Jealousy
Resentment	Discontentment	Preoccupation with the Opinions of Others
Self-pity	Doubt	Judging
Unforgiveness	Grumbling	Other_____
Bitterness	Ingratitude	_____
Covetousness	Worry	_____
Critical Spirit	Irritability	

What am I doing about these dispositions of the heart? (mentioned above)

What do I hope my Accountability Partner doesn't ask me about?

When it comes to my habitual sins, is there a time of day, a place, a person, or a mood that tends to open the door to more tempting situations?

What scripture am I memorizing right now?

What good habit do I believe God wants to form in my life? Have I taken specific steps to develop that habit?

What am I praying for? Have I received any specific answers to my prayers?

How can my Accountability Partner pray for me?

What goals am I setting for myself and how can I achieve them?

Did I lie or withhold any truth on any part of this document?
