

Steps 6 & 7 ACTION Exercise

Attributes and characteristics of: <u>SELF-WILL</u> (defects and shortcomings)	Attributes and characteristics of: <u>GOD'S WILL</u> (the opposite of defects and shortcomings, a.k.a.: assets)	Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.
<u>Example:</u> <input checked="" type="checkbox"/> Dishonesty, Lying, Evasiveness, Half-Truths	Honesty	1.) I will stop stealing and start giving freely of myself to others. 2.) I will stop lying to my wife about our finances and start telling her the truth. 3.) When I am asked for my opinion, I will not "beat around the bush"; but instead give a direct and honest answer with as much love and kindness as possible. Am I willing? <input checked="" type="checkbox"/> YES <input type="checkbox"/> NO <i>(If YES, start taking ACTION(s). If NO, pray for the willingness.)</i>
<input type="checkbox"/> Selfishness, Self-seeking	Interest in others/ Altruism	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>(If YES, start taking ACTION(s). If NO, pray for the willingness.)</i>
<input type="checkbox"/> Self-Centeredness	Others-, God- & Love-Centeredness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>(If YES, start taking ACTION(s). If NO, pray for the willingness.)</i>
<input type="checkbox"/> Resentment, Hate	Forgiveness, Love, Concern for others	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>(If YES, start taking ACTION(s). If NO, pray for the willingness.)</i>
<input type="checkbox"/> Dishonesty, Lying, Evasiveness, Half-Truths, Not Dealing With Reality	Honesty, Truth	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>(If YES, start taking ACTION(s). If NO, pray for the willingness.)</i>
<input type="checkbox"/> Fear	Courage/Faith & Trust In God	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>(If YES, start taking ACTION(s). If NO, pray for the willingness.)</i>
<input type="checkbox"/> Being Inconsiderate	Being Considerate	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>(If YES, start taking ACTION(s). If NO, pray for the willingness.)</i>

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<input type="checkbox"/> Pride	Humility, Seeking God's Will	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Greed	Giving, Sharing	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Lustful Thoughts	Respectful Thoughts	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Anger	Calm, Pause, Pray	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Envy	Grateful	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Sloth, Procrastination	Take Action	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Gluttony	Moderation, Sharing	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)

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<input type="checkbox"/> Suspicion, Doubt, Jealousy	Trust, Faith	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Impatience	Patience	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Intolerance	Tolerance	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Harmful Acts	Good Deeds	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Self-pity	Self-forgetfulness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Self-justification	Humility, Seek God's Will	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Self-importance	Modesty	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)

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<input type="checkbox"/> Self-condemnation	Self-forgiveness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Criticism	Kindness, Praise	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Being Judgmental, Controlling	Acceptance, Minding My Own Business, Letting "God's Will Be Done"	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Gossiping	Close-mouthed, Praise, Trustworthy	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
<input type="checkbox"/> Guilt	Acceptance, Growth, Self-forgiveness	Am I willing? <input type="checkbox"/> YES <input type="checkbox"/> NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)
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