

My Daily* Checklist

**Use daily, several days a week, weekly, bi-weekly. The goal is to use on a regular basis increasing consistency, intimacy with God, spiritual maturity, and love for others as you regularly check in.*

Three Simple Rules:

1. Do no harm.
2. Do good.
3. Stay in love with Christ.

Questions to Ask:

1. Am I consciously or unconsciously creating the impression that I am better than I really am?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass on to another what was told to me in confidence?
4. Can I be trusted?
5. Did any of my words or actions this week cause someone harm?
6. Am I a slave to dress, friends, work, or habits?
7. Am I self-conscious, self-pitying, or self-justifying?
8. Did Scripture live in me today?
9. Do I give it time to speak to me regularly?
10. Am I enjoying prayer?
11. When did I last speak to someone else about my faith?
12. Do I pray about the money I spend?
13. Do I get to bed on time and get up on time?
14. Do I disobey God in anything?
15. Do I insist upon doing something about which my conscience is uneasy?
16. Am I defeated in any part of my life?
17. Am I jealous, impure, critical, irritable, touchy, or distrustful?
18. How do I spend my spare time?
19. Am I proud?
20. Do I thank God that I am not like other people, like the Pharisees who despised the publican?
21. Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I doing about it?
22. Do I grumble or complain constantly?
23. Is Christ real to me?