

## *The 7 Deadly Distractions: A Personal Inventory*

On a scale of 1 to 5, mark to what degree this statement is true for you...

Never(1)      Rarely(2)      Sometimes(3)      Often(4)      Always(5)

### **Pride - - - Humility**

I often ask God for wisdom

I know that I am successful because of my own efforts and talent

I have set plans and goals for myself in life

The first thing I do when I wake up is pray

### **Anger - - - Forgiveness**

I remind others of how they have hurt me

I find that I dwell upon things someone did to me a long time ago.

I am able to answer calmly when people say offensive things to me

I am able to resolve differences with others

### **Sloth - - - Passion/Purpose**

I have a hard time starting and/or finishing a new project

I am tired much of the time

Each day I am excited about the plans I have

I really love my job/school/vocation

### **Gluttony - - - Self Discipline**

I often eat more than I had planned to at the start of the meal

Whenever I diet, I gain the weight right back

I have a regular plan for exercise

I regularly eat nutritionally balanced meals

### **Greed - - - Generosity**

It know it is up to me to provide for myself and my family's needs.

I am entitled to keep the things I work hard for.

Everything I own is available to God

I practice the habit of tithing

### **Envy - - - Contentment**

I am able to celebrate other's successes

I don't think its fair when talented people keep getting ahead

I often feel compelled to have things that other people have

I trust that God meets all of my physical, spiritual and emotional needs

### **Lust - - - Purity**

I struggle with looking at things I shouldn't

I set clear boundaries in relationships with the opposite sex

I invest effort in an enjoyable relationship with my spouse/significant other