3 T			
Name:			
ranne.			

MyDailyInventory of Thoughts, Attitudes & Behaviors

"Walking in the Flesh" NEGATIVE

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

POSITIVE

"Walking in the Spirit"

Apathy / Hatred	Love
Pessimistic / Discouraged	Joy
Self-Pity	Peace
Impatient / Procrastination	Perseverance
Callous / Unkind	Gentleness
Immoral	Goodness
Disobedient	Obedience
Doubt & Fear	Faith
Irresponsible	Faithfulness
Stubborn	Meekness
Lack of Self-Control	Temperance
Resentment / Bitterness	Merciful / Forgiving
Guilt / Shame	Accepting Forgiveness
Prejudice / Partiality	Just
Proud	Humility
Deceitfulness	Integrity
Anxiety	Gratitude
Negative Thinking	Positive Thinking
Immoral Fantasies	Pure Thinking
Scattered Thinking	Concentration
Forgetting God	Communion with God
Mood Scale (1-10)	
Proverbs	

Psa. 19:12 Who can understand his errors? Cleanse me from secret faults.

Psa. 26:2-3 Examine me, O LORD, and prove me; try my mind and my heart. For Your loving-kindness *is* before my eyes, and I have walked in Your truth.

For Positive ~ "Y" space

For Mixture ~ "X" Space

(tempted)

For Negative ~ "N" space

(sinned)