



## Daily Attitude Check

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	POSITIVE
Self-pity																														Serenity	
Self-righteousness																														Humility	
Self-condemnation																														Realize Value	
Being a Taker																														Being a Giver	
Lying																														Honesty	
Impatient																														Patience	
Complaining																														Gratitude	
Resentment /Bitterness																														Forgiveness	
Denial																														Admittance	
Worry																														Trust	
Complying																														Working the Program	
Projection																														Accepting Responsibility	
Procrastination																														Doing things on time	
Being Phony																														Being Real	
Negative Thinking																														Positive thinking	
Immoral Thinking																														Clean Spiritual Thinking	
False guilt about past																														Accepting Forgiveness	
Gluttony																														Temperance	
Not living in the present																														Concentration	
Forgetting God																														Communion with God	

Ps. 19:12  
Ps. 26:2, 3  
1Cor. 10:12  
Ps. 139:23, 24

*"For if we would judge ourselves... we should not be judged."*

1 Corinthians 11:31

### SYMBOLS

For Positive:  
For Negative:

Check Space  
Fill in Space



For Mixture:  
For Neither,  
Or Don't Know:

Fill in half  
Leave Blank

