



## How to Take a Daily Attitude Check

To make this time most meaningful, we suggest that you choose a quiet, secluded place where you won't be interrupted or distracted.

### Step One – Take Inventory

The D.A.C. is designed to help you identify positive and negative attitudes that you may have expressed through your thoughts and behavior in the past 24 hours. If you use this tool honestly and regularly you will gain valuable insight into the attitudes that motivate your actions.

Start by coloring in, or making a check mark in each square of the column (as indicated on the form). Day one would be marked vertically in column one, day two in column two, etc...

### Step Two – Pray about your D.A.C. Insights

With your D.A.C. in hand, refer to it one attitude at a time, as you talk with God.

#### ❖ Confess and ask forgiveness for your negative attitudes

Confession means to agree with God's judgment. Don't bother to recount the events and struggles you had with other people yesterday. Deal only with your behaviors and attitudes toward them. Be careful not to blame, rationalize, or minimize your negative attitudes. Instead, take responsibility, being humble and honest before God.

#### ❖ Ask God to change your negative attitudes into positive ones and to fill you with His Holy Spirit.

To be "filled with" means to be "controlled by".

#### ❖ Acknowledge who you are in Christ

Read Ephesians, chapter 1, and confess who you are in Christ. "I am a unique, unrepeatable miracle of God!"

#### ❖ Close with thanksgiving

Praise the Lord for who He is and for His mercy and forgiveness. Express your gratitude to God for the hope you have in Him for the future.

*"Above all else, guard your heart, for it is the wellspring of life."*

Proverbs 4:23

*"When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures."*

James 4:3

*"Perseverance must finish its work so that you may be mature and complete, not lacking anything."*

James 1:4

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives."*

1 John 1:9,10

*"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked way then will I hear from heaven and will forgive their sin and will heal their land"*

2 Chronicles 7:14

*"Come to me, all you who are weary and burdened and I will give you rest."*

Matthew 11:28

*"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"*

2 Corinthians 12:9



### **Step Three – Journal**

Keep a daily journal to record insights from your prayer time. Record the insights God reveals to you about your healing and character development process. If you will take the time to work this step on a regular basis it will help you to see how powerfully the Lord has been working in you life and allow you to recognize how much you've grown!