

EXAMINATION OF CONSCIENCE

1. FOLLOW JESUS
how well did I live out my vocation?

2. USE OF TIME
was I disciplined and measured in the way I used my time?

3. GOD'S WILL
how did I (or did I not) work to do God's will today?

4. CHARITY
did I love God more anyone or anything? did I fully love all I met?

5. PRAYER
did I take time to pray? when I prayed, was it from my heart? did I give into distractions?

6. FEAR
do I have a healthy fear of the Lord? do I allow my fears of what others will think rule me?

7. FLESH
did I eat well, give myself rest and overcome laziness? did I sin sexually or dress immodestly?

8. TONGUE
did I gossip, give poor advice, brag or use profanity? Did I evangelize when given the opportunity?

9. TRUST
am I ruled by anxiety? do I trust God completely?

10. GRATITUDE
did I thank God? do I see my life, and everything in my life, as a gift from God?

THE GOOD DAY CHECKLIST

FOR MY GOD

FOR MYSELF

FOR MY HUSBAND

FOR MY CHILDREN

FOR MY HOME

FOR MY COMMUNITY
