

How Close Do I Feel To God RIGHT NOW?

Date: _____

FAR	0	1	2	3	4	5	6	7	8	9	10	NEAR
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How stressed am I RIGHT NOW?

Not Stressed	0	1	2	3	4	5	6	7	8	9	10	Very Stressed
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How anxious am I RIGHT NOW?

Not Anxious	0	1	2	3	4	5	6	7	8	9	10	Very Anxious
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What is "MY" biggest source of stress and/or anxiety RIGHT NOW?

My Thoughts	My Fears	My Anxiety	My Lack of Faith	My Lack of Love	My Actions
My Words	My Perceived Mistakes	My Self-Created Situation	My Chosen Job / Career	My Procrastination	My Lack of Tolerance
My Self-Created Project	My Lack of Tolerance				

Today I...

Am Most Grateful For:

Will Pray For:

Will Not:

What am I going to do today to practice the Virtues Of:

Faith, Hope, Love, Prudence, Justice, Temperance, and Fortitude

Pray	Go For A Walk	Talk To Someone	Give Someone A Gift	Complement Someone	Go To Bed Early
	Less Talk More Listen	Give Credit To Others		Don't Know	Don't Know