

SELF-CONFRONTATION: PERSONAL EVALUATION

Honestly and realistically evaluate yourself in the following areas:
(Continue to work on this list during the course)

Physical:

What I am/am not	If I can change, how can I do it?	If not, what Scripture can I apply?
Appearance _____	_____	_____
Weight. _____	_____	_____
Dexterity _____	_____	_____
Handicaps _____	_____	_____
Other _____	_____	_____
_____	_____	_____

Mental:

What I am/am not		
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Emotions:

Situations in which I am/am not comfortable		
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Situations which I can/cannot
accept
