

DISCIPLINE AND SELF CONTROL TEST

Place a 1 if you are not disciplined, 2 if you are somewhat disciplined and 3 if you are disciplined

WORDS

- Do you talk too much or too little?
- Do you talk too loud or too soft?
- Do you talk too fast or too slow?
- Do you speak harsh or hard?
- Do you discipline yourself not to gossip?

THOUGHTS

- Are you disciplined with your thoughts?
- Do you let your thoughts run rampant?
- Are you a good listener?

APPETITE

- Do you eat too much or too little?
- Do you eat too fast?
- Do you drink plenty of water?
- Do you eat a well balanced diet?

EXERCISE/ENTERTAINMENT

- Do you get proper exercise?
- Do you allow time for rest and relaxation?
- Do you sleep too much or too little?
- Do you get a good balance of fun, leisure and entertainment?

HOUSE WORK/CAR/CLEAN UP

- Are you disciplined in keeping your house in good order?
- Are you disciplined in taking care of your car?
- Are you disciplined in cleaning up after yourself?

PERSONAL GROOMING

- Hair
- Clothing
- Nails

MONEY

- Do you spend too much or too little?
- Do you discipline yourself to give into Kingdom work?

PRAY/STUDY/TIME WITH GOD

Are you disciplined to pray?

Are you disciplined to read and study the Word?

Are you disciplined in having fellowship time with the Lord?

FAMILY/FELLOWSHIP/MEETING NEEDS

Do you spend quality time with your family?

Are you disciplined about disciplining your children?

Do you have too much or too little fellowship?

How disciplined are you in meeting other's needs?

PROMPTNESS/INTEGRITY/HONESTY

How disciplined are you with being prompt and on time?

How disciplined are you in keeping your word?

Does your split-second timing keep you living on the edge of life or do you plan ahead?

Do you discipline yourself to drive the speed limit?

CONSIDERATION OF OTHERS

Do you discipline yourself to be considerate of other people's time frames?

Do you discipline yourself to abide within the framework of given guidelines?

HARD TIMES

Do you discipline yourself to give a sacrifice of praise?

Do you discipline yourself to keep a good confession?

Add your total number.

0- 40	You're not disciplined
40- 80	You're somewhat disciplined
80-120	You're very disciplined

Ask someone close to you to review your answers to see if you answered them truthfully. Change any incorrect answers.

Now add your total number again.

0- 40	You're not disciplined
40- 80	You're somewhat disciplined
80-120	You're very disciplined