

Self-Discipline Test

Can you:

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| -Save money for anticipated expenses? | Yes__ No |
| -Maintain a daily quiet time with God? | Yes__ No |
| -Keep from gossiping when you have heard something? | Yes__ No |
| -Get to church early? | Yes__ No |
| -Talk to someone about Christ when it is hard to do? | Yes__ No |
| -Give God a regular portion of the first-fruits of your income? | Yes__ No |
| -Keep your checkbook balanced? | Yes__ No |
| -Do your homework or work on a term paper when you had rather watch TV? | Yes__ No |
| -Go and apologize to a person you have wronged? | Yes__ No |
| -Control eating, drinking and entertainment? | Yes__ No |
| -Keep romance from disorganizing your whole life? | Yes__ No |
| -Pay for necessities and pay bills before spending on non-essentials? | Yes__ No |
| -Keep from putting things off? | Yes__ No |
| -Make yourself lay down work for needed relaxation or family time? | Yes__ No |
| -Turn your mind away from wrong fantasies? | Yes__ No |
| -Keep dating behavior within bounds? | Yes__ No |
| -Speak and act gently and carefully when your patience is tried? | Yes__ No |
| -Go to bed and get up when you should? | Yes__ No |
| -Turn off the TV or change channels when content is unfit for viewing? | Yes__ No |
| -Observe the speed limit? | Yes__ No |

Starting with 100, subtract 5 points for each "No" answer to determine your self-discipline score.