

Self Analysis Sheet - Be Honest With Yourself

Points to Analyse	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fri	Sa	Su
Revenge																					
Pride																					
Physical and Mental Abuse (to self or others)																					
Self-Pity																					
Selfishness																					
Showing Off (boast, brag, etc.)																					
Swindling/Deceiving																					
Possessiveness																					
Spreading Rumors (back-biting)																					
Being Negative (thought or action)																					
Materialistic																					
Cowardice (keeping quiet, no courage to speak up)																					
Lack of Discipline																					
Laziness																					
Nagging																					
Being Stubborn																					
Unpunctual (not respecting other's time)																					
Doing Charity For Publicity																					
Jealousy																					
Lies																					
Hatred																					
Anger																					
Irritability																					
Hypocrisy																					
Rudeness																					
Depression or Anxiety																					
Always Complaining/Grumbling																					
Greed																					
Impatience																					
Keeping Grudges																					
Encourage Evil																					
Avoiding Responsibility/Duties																					
Sarcasm																					
Temptation To Do Wrong																					
Dominating																					
Arguing Unnecessarily																					
Fighting																					
Worrying																					
Blaming Someone Else For Your Faults																					
Taking Out Your Frustration On Someone																					
Not Practising What You Preach																					
Misguiding Someone On Purpose																					
Hurting Someone's Feelings																					
Having Fun At Someone Else's Expense																					
Living Beyond Your Means																					
Stinginess																					
Wrong Judgement																					
Not Praying (your own words or someone else's)																					
Not Controlling Yourself, Mentally or Physically																					
Manipulation																					
<i>Total</i>																					

Instructions:

Every night reflect on your daily life and resolve never to repeat your mistakes. Be very sincere and honest with yourself.