

LIFE QUESTIONNAIRE

1) **If I died tomorrow what would I be sorry I hadn't done?**

Written more, and spent more time with Jesus. (Terry - "eaten all the chocolate candy in the drawer.")

2) **What do I enjoy doing? (spiritual or abstract will be tolerated but try to come up with something more physical.)**

Playing computer games, reading, writing, shopping Goodwill and used book stores. I discovered that I enjoy the *idea* of some things but in the end don't enjoy the actual activity as much as the idea, for example, exercising. I love to collect the videos, step, clothing, books, weights, treadmill, etc, but when it comes down to actually doing it I don't get around to it.

3) **Am I getting that enjoyment often? Regularly?**

Not much.

4) **What do I feel guilty over in my daily life?**

Not spending enough time with God, exercising, or writing.

5) **What do I *need* to spend more time on? (Spiritually and non-spiritually.)**

Time with God, exercise, writing. I need to use my time more wisely.

6) **What do I *want* to spend more time on? (Spiritually and non-spiritually.)**

Writing, exercising, and time with God. Affecting people more.

7) **What areas do I see in my life that I need to change? (for example, procrastination, perfection, intolerance)**

- I'm too focused on the details, and it's very hard for me to see the big picture. (T and I were going to Tenn. and I saw a hose on the side of the road, like a dryer hose. I studied it as we went by and commented to Terry that someone lost a hose but it was a strange hose. He asked me if I'd seen the wreck with all the police cars, and I hadn't, I was so focused on the hose.)
- I have an intolerance for people I don't like and things I'm not interested in. A tendency to make what I think more important than people's hearts.
- I need more compassion for people.
- I need less fear of man.
- I want more self-discipline.
- I have a tendency to want everything to be perfect before I do anything, so I don't get it done. To write or spend time with God I wait for a large chunk of time, when I'm alone, etc., instead of tackling it a little at a time. I set my goals too high.

8) What are five dreams I would fulfill if it were possible? (without considering cost or training, just for the fun of it.)

Be a ballet dancer, a published writer, a speaker to women about Jesus, an artist. The ability to move in the Spiritual realm easily to affect the world.

9) How do I rate my satisfaction with my life now?

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10) What keeps that from being a 10?

Financial struggles, work, no time, the famous 3 (time with God, exercise, and writing)

11) What do I want/enjoy right now out of a spiritual life? (We all go through seasons of needing different things, or times when God puts a particular aspect of Himself on our hearts.) Be specific. (For example: more Father love, revelations/insights, acceptance, intimacy, spiritual understanding, chance to teach/preach/minister/pray for others, etc.)

I enjoy intimacy with Jesus, learning more about the spiritual realm so I can move in it, and getting more insight into spiritual things.

12) If I rewarded myself with something "special," a physical treat, what would it be?

Tiramisu at Joseph Beth (bookstore with a café), a vanilla/hazelnut latte from Starbucks

SUMMARY

My time definitely needs to be organized around my three priorities, writing, time with Jesus, and exercise.

DISCIPLINE QUESTIONS

- How often did I do something pleasurable?
- Did I do better this week dealing with the kids? Did I use my time wisely?
- How much time did I put in on business work?
- Am I looking for opportunities to affect people's lives?
- Stay aware of having tolerance and compassion.
- Was there a time when I conquered my fear of man?
- Set up a tentative guideline for writing, exercising, and spending time with God. Did I meet that guideline this week? How do I need to alter it to be more reasonable?
- What can I do towards my dreams? A ballet video regularly (will make the exercise more fun.) Create opportunities to speak to women. Get a sketch book and make time to just play with drawing. Get with Jesus and explore the supernatural together. Write more.
- Whatever the current financial struggle is it will be gone in a week, it's not life threatening. Be patient.
- When I have a good week, or accomplish something good, like writing an exceptional amount, treat myself to tiramisu.