

# A Guide for Moral Inventory

Am I self-centered?

When do I try to control other people?

When have I let my own desires take charge?

Am I oversensitive?

Am I overly dependent on others?

When have I held a grudge?

Am I harsh, self-righteous, or unforgiving?

When do I lose my temper?

Am I anxious?

Am I in a relationship that harms me?

Have I been disengaged?

Have I hurt others, either intentionally or unintentionally?

How have I let others down?

Am I bigoted?

Am I a people-pleaser?

Am I a status seeker?

When do I condemn others for things I have also done?

Do I acknowledge my mistakes?

Have I acknowledged an addiction?

When have I been dishonest?

How have I lied to myself?

When do I dwell on dark thoughts?

When have I failed to give thanks?

When has shame been a factor in my life?

How do I compare myself to others?

Do I have unconfessed sin?

What secrets do I need to share that keep me from moving forward?

Have I ever acted inappropriately in a sexual way?

When have I treated any person as a sexual object?

How is greed present in my life?

When has fear stopped me from doing the right thing?

When have I been appropriately humble?  
Am I a generous person?  
Can people count on me?  
Do I keep my promises?  
Can people count on me to finish the job?  
Are my sexual desires under control?  
Am I kind?  
Have I helped a neighbor recently?  
Do I build people up?  
Am I patient?  
Do I love people who are difficult to love?  
Do I speak words of affirmation?  
Do I forgive others even as I am forgiven?  
What temptations do I resist?  
Do I live by faith in Jesus?  
Do I follow the example of Jesus?  
Do I see people as Jesus sees them?  
Do I rest?  
Do I take care of my body?  
Do I help others win?  
Do I have a sense of humor?



## THE CHALLENGE

Take a searching and fearless  
moral inventory of your soul.  
Invite God to join you on the journey.