

STARTING OVER

STARTING OVER WORKSHEET (Appendix)

Week	Steps on My Path	Guideposts
1	Trust/Faith: finding a guide	<ul style="list-style-type: none"> • I've found that I need power beyond my human capabilities [please cross out if not true] • Concerning faithfulness, what I need to work on most is • What I most fear of losing in life is
2	Knowledge: surveying our paths	<ul style="list-style-type: none"> • I've found that I need power beyond my human capabilities [please cross out if not true] • Concerning faithfulness, what I need to work on most is • What I most fear of losing in life is
3	Moral Excellence: choosing ethically A Good Name: leaving a legacy	<ul style="list-style-type: none"> • I want _____ to see me as a person of integrity. • One problem I will apply the Problem-Solving steps to is
4	Self-control: getting focused	<p>The Triggers that I need to deal with will be the</p> <ul style="list-style-type: none"> • People I will avoid: • Places I will avoid:

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5	Patient Endurance: staying focused	<ul style="list-style-type: none"> • My go-to excuses are • The person I am/will be accountable to is • One replacement habit I will develop is
6	Coping with Losses: dropping the baggage	<ul style="list-style-type: none"> • My go-to excuses are • The person I am/will be accountable to is • One replacement habit I will develop is
7	Forgiving Myself: dropping the charges	<p>There are people I need to forgive and people I need to ask forgiveness from. Then, I need to forgive myself for some things.</p> <ul style="list-style-type: none"> • I'd like to share all that with
8	A Good Neighbor: living <i>with</i> others	<ul style="list-style-type: none"> • The character trait for living with others is I need to work on most is • and it applies most to
9	A Sacrificial Life: living <i>for</i> others	