### Steps 6 & 7 ACTION Exercise

<table>
<thead>
<tr>
<th>Attributes and characteristics of: <strong>SELF-WILL</strong> (defects and shortcomings)</th>
<th>Attributes and characteristics of: <strong>GOD’S WILL</strong> (the opposite of defects and shortcomings, a.k.a.: assets)</th>
<th><strong>Plan of ACTION:</strong> What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.</th>
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<td><strong>Example:</strong></td>
<td><strong>Honesty</strong></td>
<td>1.) I will stop stealing and start giving freely of myself to others. 2.) I will stop lying to my wife about our finances and start telling her the truth. 3.) When I am asked for my opinion, I will not “beat around the bush”, but instead give a direct and honest answer with as much love and kindness as possible. Am I willing?  ( \Box ) YES  ( \Box ) NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)</td>
</tr>
<tr>
<td>( \hat{\theta} ) Dishonesty, Lying, Evasiveness, Half-Truths</td>
<td></td>
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<tr>
<td>( \hat{\theta} ) Selfishness, Self-seeking</td>
<td>Interest in others/Altruism</td>
<td>Am I willing?  ( \Box ) YES  ( \Box ) NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)</td>
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<tr>
<td>( \hat{\theta} ) Self-Centeredness</td>
<td>Others-, God- &amp; Love-Centeredness</td>
<td>Am I willing?  ( \Box ) YES  ( \Box ) NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)</td>
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<td>( \hat{\theta} ) Resentment, Hate</td>
<td>Forgiveness, Love, Concern for others</td>
<td>Am I willing?  ( \Box ) YES  ( \Box ) NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)</td>
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<td>( \hat{\theta} ) Dishonesty, Lying, Evasiveness, Half-Truths, Not Dealing With Reality</td>
<td>Honesty, Truth</td>
<td>Am I willing?  ( \Box ) YES  ( \Box ) NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)</td>
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<td>( \hat{\theta} ) Fear</td>
<td>Courage/Faith &amp; Trust In God</td>
<td>Am I willing?  ( \Box ) YES  ( \Box ) NO (If YES, start taking ACTION(s). If NO, pray for the willingness.)</td>
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| Being Inconsiderate | Being Considerate | Am I willing?  \( \theta \) YES  \( \theta \) NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
### Attributes and characteristics of: **SELF-WILL**
(defects and shortcomings)

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<th>Defect</th>
<th>Opposite Characteristic</th>
<th>Plan of ACTION: What, specifically, will I stop doing and begin to start doing instead? Remember, BE SPECIFIC.</th>
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| Pride  | Humility, Seeking God’s Will | - Am I willing?  
  - *YES*  
  - *NO*  
  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| Greed  | Giving, Sharing          | - Am I willing?  
  - *YES*  
  - *NO*  
  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| Lustful Thoughts | Respectful Thoughts | - Am I willing?  
  - *YES*  
  - *NO*  
  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| Anger  | Calm, Pause, Pray        | - Am I willing?  
  - *YES*  
  - *NO*  
  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| Envy   | Grateful                | - Am I willing?  
  - *YES*  
  - *NO*  
  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| Sloth, Procrastination | Take Action | - Am I willing?  
  - *YES*  
  - *NO*  
  (If YES, start taking ACTION(s). If NO, pray for the willingness.) |
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<th>Gluttony</th>
<th>Moderation, Sharing</th>
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(defects and shortcomings) | Attributes and characteristics of: **GOD’S WILL**  
(the opposite of defects and shortcomings, a.k.a.: assets) | **Plan of ACTION:**  
What, specifically, will I stop doing and begin to start doing instead?  
Remember, BE SPECIFIC. |
|---|---|---|
| θ Suspicion, Doubt, Jealousy | Trust, Faith | Am I willing?  
θ YES  
θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| θ Impatience | Patience | Am I willing?  
θ YES  
θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| θ Intolerance | Tolerance | Am I willing?  
θ YES  
θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| θ Harmful Acts | Good Deeds | Am I willing?  
θ YES  
θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| θ Self-pity | Self-forgetfulness | Am I willing?  
θ YES  
θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| θ Self-justification | Humility, Seek God’s Will | Am I willing?  
θ YES  
θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
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<th>Modesty</th>
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| **θ Self-condemnation** | Self-forgiveness | Am I willing?  θ YES  θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| **θ Criticism** | Kindness, Praise | Am I willing?  θ YES  θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| **θ Being Judgmental, Controlling** | Acceptance, Minding My Own Business, Letting “God’s Will Be Done” | Am I willing?  θ YES  θ NO  
(If YES, start taking ACTION(s). If NO, pray for the willingness.) |
| **θ Gossiping** | Close-mouthed, Praise, Trustworthy | Am I willing?  θ YES  θ NO  
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| **θ Guilt** | Acceptance, Growth, Self-forgiveness | Am I willing?  θ YES  θ NO  
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