

Log List

Specific Plan to “Put Off” and “Put On” new attitudes and behavior so that genuine repentance and change takes place

“Let each of us please his neighbor for his good to his edification” (Romans 15:2)

“Let nothing be done through selfishness or empty conceit but with humility of mind let each of you regard one another as more important than himself; do not merely look out for your own interests, but also for the interests of others” (Phi. 2:3-4)

Pick 7 areas where you really want to change to obey God and to please your mate. Make sure the changes you want to make or things you want to do are:

1. Specific and not abstract or vague. We don't change and grow in 'fuzzy land.' (“I want to be nice, or more loving” is too vague. State specifically how you are going to be nice)
2. Attainable – be realistic
3. Biblical – does not ask you to do this? Or do you have a biblical principle as the basis for doing it?
4. Positive and not merely negative – not merely, “I won't be critical,” but “I will express appreciation for a least two things every day.”
5. Something that you can do and will do regardless of what the other person does or doesn't do.

Examples:

I will smile when I enter the house.

I will say “I love you” at least two times a day.

I will call her from work to express my love.

I will lead family devotions once / week

I will plan my day so that I can spend 30 minutes with her.

**Item That
Needs to Change**

**Write out specific steps to changing in this area. What
will you stop doing? What will you begin to do? How
does your thinking need to change?**

<p>1.</p>	<p>New Ways of Thinking about this area / issue:</p> <p>New Ways of Acting in this area:</p>
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2.

New Ways of Thinking about this area / issue:

New Ways of Acting in this area:

3.

New Ways of Thinking about this area / issue:

New Ways of Acting in this area:

4.

New Ways of Thinking about this area / issue:

New Ways of Acting in this area:

5.

New Ways of Thinking about this area / issue:

New Ways of Acting in this area:

6.

New Ways of Thinking about this area / issue:

New Ways of Acting in this area:

7.

New Ways of Thinking about this area / issue:

New Ways of Acting in this area: