

## Soul Keeping - Health Survey

<b>1</b>	<p>I do not give in to toxic habits, sinful desires or unholy urges. My appetites and habits are pure.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>2</b>	<p>I do not fill my mind with "trash" (inappropriate: internet, movies, tv, gossip, etc). I seek noble, pure and honorable thoughts.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>3</b>	<p>I am not deceitful nor do I surpress the truth. I do not do things to exagerate my accomplishments or to make myself look better. I am completely honest with others.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>4</b>	<p>I have a high level of integrity. How I behave matches what I believe. I follow through on commitments and responsibilities.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>5</b>	<p>I do not hide things that are embarrassing or shameful ... things that if found out would ruin my personal relationships or ministry.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>6</b>	<p>I am not envious or jealous of others' accomplishments or possessions.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>7</b>	<p>I do not show partiality, abuse authority or provoke others at home or at work.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>8</b>	<p>I am generous. I give freely and cheerfully of my time, talents and financial resources.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>9</b>	<p>I am activley involved in an accountability relationship with other men.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>10</b>	<p>I read GOD's word on a daily basis and spend time throughout the day communicating with him.</p> <p style="text-align: center;">             0    1    2    3    4    5    6    7    8    9    10              Never ←———— Sometimes ————— Often —————→ Always         </p>	Score

<b>Total Score:</b>	
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