Living on the Path

Date: _____

How did it go today in terms of following the various deadly passions vs moving towards their opposite virtues?

SLOTH DILIGENCE
1 2 3 4 5 6 7 8 9 10

ENVY CONTENTMENT
1 2 3 4 5 6 7 8 9 10

LUST CHASTITY
1 2 3 4 5 6 7 8 9 10

WRATH PATIENCE
1 2 3 4 5 6 7 8 9 10

GLUTTONY TEMPERANCE
1 2 3 4 5 6 7 8 9 10

GREED GENEROSITY
1 2 3 4 5 6 7 8 9 10

PRIDE HUMILITY
1 2 3 4 5 6 7 8 9 10

What went especially well today?

What didn't go so well today?

What step(s) can I take to make things better?

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