

# THE on.eDEGREE COURSE

## temptations

What are you tempted by? Can you set up boundaries? How can you guard yourself? Who can hold you accountable in a positive way? Who can you confess to when you mess up?

## FEELINGS

Do you tend to react spontaneously? Are you super emotional? Do you tend to brush things off? Are your feelings fear-based? Do you crave comfort, love, affection? Know your emotional tendencies and strive to keep them in check.

## beliefs

What do you believe about yourself? About God? About others? How do you determine what is true? Is that helping you? Could your core beliefs be misguided, not true, or even hurtful to you? Do you need to speak to a mature Christian for teaching and guidance on the things of God?

## decisions

How do you go about making decisions? Is your tendency to react on what you feel? Or do you base your decisions on what you know is true? Do the facts matter to you? Do you react spontaneously? Or do you take time to think, pray, and seek counsel?

## ACTIONS

Once you make a decision, do you react quickly? Or is it hard for you to act because your feelings and temptations stop you? Are there people who have your best interest in mind, who you can ask to help you to act in healthy and beneficial ways?

## outcomes

Where do you want to go in life? What would you like accomplish or achieve in the next 6 weeks? Next year? Five years from now? What growth would you like to experience, emotionally, physically, spiritually? Knowing what you'd like for an outcome can motivate you to move one degree in the right direction.