

Rate Yourself as to  
How You MANAGE YOURSELF

Make a dot in the appropriate space after each question. Be absolutely honest but be fair to yourself.

How Do You Think You Rate?	High	Above Average	Average	Below Average	Low
In neatness of dress and personal grooming?					
In being punctual in getting to work and keeping engagements?					
In controlling your temper?					
In using your leisure time wisely to keep fresh and efficient for work?					
In managing your finances, budgeting your living, saving money?					
In reading and studying to keep up with progress in Christian work or teaching?					
In keeping your promises, even when it's inconvenient to do so?					
In self-discipline?					
In knowing your weaknesses and trying to improve?					
In living up to what you know to be right, moral standards?					
In eating well-balanced meals?					
In obtaining sufficient sleep (8 hours a day is average)?					
In regular physical exercise?					

This is a profile of your success in managing yourself. If you are LOW in these factors, they represent a real challenge. It is not wrong to be LOW or BELOW AVERAGE in many of these characteristics, but it is wrong if you stay there.

Managing yourself in the area of Self-Discipline will undoubtedly be the biggest joy you will have all your life. It is hard for a person to evaluate himself in this category for the human tendency is to favor oneself or to excuse many of the points in which one is weak.

But before you can ever be ready to manage other people, you must learn first of all to manage yourself.