Are You Fun to Live With?

God's formula for solving all marriage problems in 1 Timothy 4:1-5 is (1) thankfulness, (2) God's word, and (3) prayer. This chart helps you accelerate your progress through this formula for transforming your marriage.

Begin and end your day by writing three things you are thankful for. Next, analyze your attitudes and moods by recording your thoughts for each hour, seven days a week. Use markers, colored pencils, or crayons to color the boxes following the legend below:

Yellow—Happy Light Blue—Anxious
Pink—Loving Dark Blue—Exhausted
Green—Thankful Gray—Negative
Orange—Prayerful Black—Bitter
Purple—Productive Red—Angry

You may add additional colors for other moods. Add the new colors to the right of the legend. If your moods fluctuate during the hour, add multiple colors vertically within the boxes.

Start with the time you normally get up. For example, if you get up at 6, start the log at 6 am. If you sleep in a couple of mornings, write "sleep" in the boxes. If you get up earlier than usual, record those times at the end of the previous day as part of your night. Beginning all the columns at your usual wake-up time allows you to compare your morning, noon, and evening attitudes for the week at a glance.

At the end of the week, analyze your entries. What patterns do you see? What changes can you make to create more positive attitudes? Write your conclusions in your Thankfulness Journal. Pray over your entries.

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Date							
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thankful							
Thankful							
Thankful							
Thankful							
Thankful							
Thankful							

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