

Four Areas, activity sheet

Person

Dress neatly.

Organize my homework.

Put my toys and games away.

Fold my clothes.

Throw away my trash.

Heart

Be considerate of others.

Test my emotions against truth.

Be real with myself and others.

Let go of grudges.

Understand what I am feeling.

Brain

Make to-do lists.

Write down information.

Keep a schedule.

Think through my decisions.

Reject bad thoughts.

Spirit

Love and worship God.

Confess my sins.

Resist temptation.

Read and obey God's Word.

Spend time with other Christians.