


# DAILY ACCOUNTABILITY SHEET

"REFINE YOUR SOUL."

DATE: \_\_\_\_\_

 **THE SEVEN VIRTUES**  
RATE YOURSELF HONESTLY.

**VIRTUE**  
**SCORE (1-10)**  
**STRENGTH**

\_\_\_\_\_  
**BELIEF**

\_\_\_\_\_  
**HONOUR**

\_\_\_\_\_  
**DISCIPLINE**

\_\_\_\_\_  
**WISDOM**

\_\_\_\_\_  
**COMPASSION**

\_\_\_\_\_  
**PURPOSE**

 **BODY**

- TRAINED MY BODY
- WALKED / EXERCISED
- ATE WITH DISCIPLINE
- DRANK ENOUGH WATER
- SLEPT ADEQUATELY

NOTES:

 **MIND**

- READ OR STUDIED
- LEARNED SOMETHING USEFUL
- CONTROLLED NEGATIVE THINKING
- STAYED FOCUSED ON PRIORITIES
- AVOIDED DISTRACTIONS

NOTES:



**✕ SPIRIT**

- PRAYER
- MEDITATION / STILLNESS
- GRATITUDE PRACTICE
- ACTED WITH INTEGRITY
- REFINED MY SOUL

NOTES:

**✕ ACCOUNTABILITY**

WHAT DID I DO WELL TODAY?

WHAT NEEDS IMPROVEMENT TOMORROW?

**✕ THE SHADOW CHECK**

DID ANY SHADOWS CHALLENGE ME TODAY?

- PRIDE
- LUST
- JEALOUSY
- ANGER
- FEAR
- DESPAIR

HOW DID I RESPOND?

**✕ PURPOSE**

WHAT DID I DO TODAY THAT MOVED ME TOWARD MY PURPOSE?

**✕ GRATITUDE**

THREE THINGS I AM GRATEFUL FOR:

- 
- 
- 

**✕ FINAL SEAL**

A GIFT OF THE HEART IS STRENGTH AND BELIEF.

TODAY I CHOSE TO REFINED MY SOUL.

SIGNATURE: \_\_\_\_\_

STRENGTHANDBELIEF.COM

