



Online Workbook Supplement

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About this workbook: This workbook is a supplement to the Spiritual Audit™ which is currently included exclusively in The WillPower Advantage™ book, available [here](#).

The Spiritual Audit™ is a simple assessment tool we created with a team of experienced theologians, trained psychologists, pastors, and ordinary men and women who want to help you to grow in virtue and become the person that God created you to be.

The Spiritual Audit™ has three components. 1) A review of your strengths and weaknesses. 2) A Temperament identifier and 3) A virtue finder. These three components are meant to give you an increased self-awareness of how your temperament impacts growing in virtue. Recommendations for growing in virtue are found in the last chapter of The Will Power Advantage™ and also available in the WPA App which is in development.

Remember: A strength is something that makes you a better person, and a weakness is something that stands in the way of your becoming a better person. Over time and with practice, our strengths can become virtues. Left unchecked, our weaknesses can become vices.

What are your strengths?

Review the list of strengths from page 49. How have you developed these strengths?

Which ones come naturally to you? Which ones have you had to develop over time?

Perseverance— I have stamina and can stay committed to a goal for a long time.

Boldness—I am willing to take risks to serve others.

Trustworthiness—I tell the truth and maintain the confidence of others.

Loyalty— My friends can rely on me.

Good Stewardship – I manage my time and resources wisely.

Self-control— I can easily say no to bad things and yes to good things.

Discernment—I can easily discern the best option in a complex situation.

Initiative—I can take initiative and commit to a course of action without delay.

Review the list of weaknesses from page 50. Which weaknesses affect you the most?

What would be different in your life if you were able to overcome this weakness?

Inconstancy—I tend to lose focus and energy on projects and people.

Cowardice—I am often afraid of initiating something and fail to make decisions in a timely manner.

Untrustworthiness—I often lie or alter the truth to suit my own needs or ideas.

Envy— I tend to resent the possessions or successes of others rather than be happy for them.

Bad Stewardship—I tend to waste time and money on unimportant things.

Lack of Self-control— I often struggle with strong impulses and saying no to harmful behaviors.

Busyness—I often fail to discern my true priorities and to involve myself in unimportant activities.

Bossiness—I tend to think too highly of my own desires and opinions and to pressure others to do what I want.

“A piano virtuoso might have innate musical ability, but it took years of hard work for her to become one of the best pianists in the world. Even if he’s a natural athlete, the golf pro practiced for years to be at the top of his game.”

Remember: God made each one of us unique. We have a unique set of talents, skills, and attitudes. Some of these talents, skills, and attitudes are innate, meaning that they are just part of who we are, while others are learned and shaped by our experiences in life. The ones that are innate often correspond to our temperament.

How did you describe yourself in questions 4, 5 & 6?

___ Peace-Builder—I enjoy helping people reach a win-win.

___ Go-Getter— I tend to take charge in order to lead people to a goal.

___ People-Person—I am energized by meeting people and building relationships.

___ Deep-Thinker—I am motivated by ideas and big questions.

What was your temperament combination from page 54? What would be your estimate of the percentage of each? *(For example: 70% Peace-Builder, 30% People Person).*

Remember: Virtues are those natural or developed strengths that help us choose what is good for us. They help us reject those things that will not fulfill us and choose what is good, beautiful, and true, that is those things that will truly fulfill us.

Supernatural Virtues - Gifts from God that we must be open to and accept.

Faith—I need to believe more fully in the truths God has revealed about Himself and His plan for me.

Hope—I need more confidence in God's goodness and readiness to help me.

Love—I need to grow in my ability to love God above all things and to love my neighbor as myself.

Human Virtues - Strengths that we must develop and practice.

Prudence—I need to make wiser and healthier decisions.

Self-Control—I need to a better job controlling strong impulses and avoiding harmful behaviors.

Justice—I need to be more attentive about giving others what they are due.

Courage—I need to respond more bravely to what each situation demands.

Humility—I need to be more accepting of the truth about myself. I need to be more honest about my strengths and weaknesses, while accepting that God made me His child and loves me.

Obedience—I need to do more quickly and with less complaining what I know is right and what honors my commitments and responsibilities.

Compassion—I need to share more gladly in the sufferings of others.

Generosity—I need to give more of myself in helping and serving others.

Honor - I need to recognize my own dignity and more readily act accordingly.

Greatheartedness - I need to trust more that when God asks me to do challenging things, He will give me what I need to do them.

Gratitude—I need to be more thankful for all the gifts and blessings God gives me every day.

Wonder—I need to grow in my awareness of all the beauty that surrounds me and in my ability to be filled with awe at the greatness of the Creator.

Cooperation—I need to be more cooperative when working toward a common goal with others.

Below is a list of all the possible temperament combinations. In each pair, the dominant temperament is mentioned first.

Choleric/Sanguine: The Pace-Setter pg. 54

Choleric/Melancholic: The Problem-Solver pg. 55

Sanguine/Choleric: The Life-of-the-Party pg. 55

Sanguine/Phlegmatic: The Diplomat pg. 56

Phlegmatic/Sanguine: The Peacekeeper pg. 56

Phlegmatic/Melancholic: The Planner pg. 57

Melancholic/Phlegmatic: The Scholar pg. 57

Melancholic/Choleric: The Goal-Setter pg. 58

Which temperament combination are you? From your own perspective what are the greatest advantages and the greatest challenges of this temperament combination? Thank God for the benefits and ask Him for help with the challenges.

Now do the following:

1. Examine the strengths and weaknesses of your temperament combination and compare them to what you indicated as your strengths and weaknesses in questions 2 and 3. If there is a particular strength you are really good at write it below. If there is a particular weakness or compulsion that you really struggle with write it below.

Particular Strength: _____

Particular Weakness: _____

2. Review the virtues and add any others you identified in question 7 write the top 3 below: These will be the virtues that you will focus on.

Focus Virtue 1: _____

Focus Virtue 2: _____

Focus Virtue 3: _____

3. Examine the common vices that your temperament combination typically struggles with. Find the vice or vices that continue to challenge you write it below. Find the vice or vices that you have avoided or have made progress in overcoming. Ask God for the strength to continue overcoming them and write it below.

Vice(s) I need to conquer: _____

Vice(s) I am conquering: _____

Self-awareness is the key to begin the process of becoming who God made you to be. By knowing our strengths and weaknesses, our virtues and vices we can participate in God's plan for our happiness both in this life and ultimately in eternity.

Read and reflect on the pages in The Will Power Advantage Chapter 23 that lay out an Action Plan for your temperament.

1. What virtue would you like to practice more?

2. How will more of this virtue benefit you?

3. To grow in this virtue, what changes do you need to make in your thinking, feeling, or acting?

4. What do you still need to learn about this virtue?

5. What resources or people could help you with growing in this virtue?

6. By what deadline would you like to see some improvement in this virtue?

7. What Scripture can help you to achieve this goal?

"Our life is not a problem to be solved, but rather a quest for virtue.

Only by cultivating the good and growing into the person we were created
to become can we be truly happy."

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