

Daily Checklist to Being Drama Free:

- ☐ I will spend time with God (in His Word) before spending time with anyone else (Matthew 22:37-38).
- ☐ I will bring to God what concerns me and receive His peace that comes through prayer (Philippians 4:6-7).
- ☐ I will guard my lips by choosing words carefully and not saying anything unless it's well-timed and builds up the person who needs to hear it (Ephesians 4:29).
- ☐ I will limit my words and think before I speak (Proverbs 17:27).
- ☐ I will be okay without having to speak into every situation I hear about (Proverbs 13:3).
- ☐ I will practice a heart of gratitude by being thankful in ALL things (1 Thessalonians 5:18).
- ☐ I will forgive any offenses as soon as they come to mind (Ephesians 4:32).
- ☐ I will give preferential treatment to others. I don't have to be first in line (Philippians 2:3-4).
- ☐ I will give priority time today to those closest to me. I will not make them compete with anything or anyone for my attention (Psalm 90:12).
- ☐ I will pray for the people I don't want to see or be around today because as I pray for them, God will change my heart toward them (Matthew 5:44).
- ☐ I will not rush in to rescue a person or situation today unless I've asked God about it first, and waited upon Him for His leading (Proverbs 2:11).
- ☐ I will not listen to gossip (Proverbs 20:19).
- ☐ I will not say anything about anyone today that I wouldn't say in their presence (Proverbs 21:23).
- ☐ I will look at other people more than my phone or electronic device (Proverbs 25:28).
- ☐ I will take at least a half hour for myself today to rest, refresh, and refuel (Isaiah 28:12).
- ☐ I will not be overly concerned about my reputation or image or seek to promote myself (James 4:10).