

# 30 Days to Taming Your Tongue

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## Daily Tongue Evaluation Checklist

- ☞ Did I engage in any form of lying?
- ☞ Did I flatter someone?
- ☞ Did I manipulate someone for my gain or advantage?
- ☞ Did I speak too hastily?
- ☞ Did my words cause division?
- ☞ Was I argumentative or contentious?
- ☞ Did I boast or speak with pride?
- ☞ Did I engage in a self put-down?
- ☞ Did I slander someone?
- ☞ Did I gossip?
- ☞ Did I meddle in anybody's affairs?
- ☞ Did I betray someone's trust?
- ☞ Did I belittle someone?
- ☞ Was I cynical, scornful, or sarcastic?
- ☞ Did I speak as a Know-It-All?
- ☞ Did I use harsh or abusive words?
- ☞ Did I fail to speak with tact or diplomacy?
- ☞ Did I attempt to intimidate with my words?
- ☞ Was I rude?
- ☞ Was I critical or judgmental?
- ☞ Was I self-absorbed in my conversations?
- ☞ Did I use profanity?
- ☞ Did I complain?
- ☞ Did I retaliate?
- ☞ Did I accuse someone?
- ☞ Was I discouraging?
- ☞ Did I express doubt and unbelief?
- ☞ Did I simply talk too much?
- ☞ Was I indiscreet in my discussions?
- ☞ Did I keep silent when I should have communicated?

Our ultimate goal is to answer no to all the questions above. If you are successful, celebrate but do not relax. Seek to constantly grow in all areas of your spiritual walk. If you are unsuccessful, examine your communication habits against the Word of God and make the necessary adjustments. Continually seek God through prayer and consecration, and allow Him to do the work in your heart that will allow the manifestation of pure communications.