

LETTING GO SERIES

**FROM
LAZINESS
TO
DILIGENCE**

**TIMELESS ADVICE FROM THE RICHEST
AND WISEST MAN THAT EVER LIVED**

SELF ASSESSMENT

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From Laziness to Diligence

Self-Assessment Questionnaire

Instructions:

Reflect on the questions below to assess your current level of diligence and identify areas for improvement. Be honest with yourself, as this self-assessment is for your personal growth.

1. Understanding Your Current Habits

How often do you find yourself procrastinating tasks?

- Never
- Rarely
- Sometimes
- Often
- Always

Do you set clear goals for your daily tasks?

- Yes, always
- Mostly
- Sometimes
- Rarely
- No

2. Identifying Triggers of Laziness

What are the main reasons you find it difficult to stay diligent? (Select all that apply)

- Fear of failure
- Lack of motivation
- Feeling overwhelmed
- Distractions (e.g., phone, TV)
- Other: _____

3. Evaluating Your Work Ethic

When faced with a challenging task, how do you usually respond?

- Dive in and tackle it immediately
- Plan out the steps needed
- Delay it for later
- Avoid it completely

Do you celebrate your small wins and progress toward goals?

- Yes, always
- Often
- Sometimes
- Rarely
- No

4. Assessing Your Routine and Discipline

How structured is your daily routine?

- Very structured
- Mostly structured
- Somewhat structured
- Not very structured
- Not at all structured

Do you have a specific time allocated each day for focused work?

- Yes, consistently
- Sometimes
- Rarely
- No

5. Reflecting on the Impact of Diligence

How do you feel after completing tasks diligently?

- Very fulfilled
- Somewhat fulfilled
- Neutral
- Somewhat dissatisfied
- Very dissatisfied

Do you notice a positive change in your life when you practice diligence?

- Yes, significantly
- Yes, a little
- No change
- No, not at all

6. Commitment to Change

Are you willing to make changes to become more diligent?

- Yes, absolutely
- Yes, somewhat
- Maybe
- No

What specific steps will you take to improve your diligence?

7. Closing Reflection

What is one thing you learned about yourself through this assessment?

How can you apply Solomon's wisdom to enhance your diligence?

Conclusion:

Reflecting on these questions can help you gain insight into your habits and motivate you to take action. Remember the wisdom of Proverbs as you strive for diligence in your life.