

## Replacing Anger

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After each day, write out how you did demonstrating to others the following qualities. Identify the areas not checked and focus on the development of those areas. Reproduce the chart for each week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Compassion							
Kindness							
Humility							
Gentleness							
Patience							
Forebear							
Forgive							
Love							