

HEAD HEART HAND

ASSESSMENT

IntentionalLiving®
— C E N T E R —

Welcome to your self-discovery tool

Are you a thinker, feeler or doer?

Ephesians 5:10 from The Message says, *Figure out what will please Christ, and then do it.* This scripture leads us to three areas of our lives—our head, heart and hands.

By answering a few short questions, you'll gain helpful insight into your strengths: thinking, feeling and doing. You'll also learn where you need to be more intentional in your life and your relationships.

Getting Started

For each question, mark the answer that most closely reflects the real you. Remember, there are no, right or wrong answers.

You'll get a better result if you don't over analyze your answers. Respond with what comes to you first. And if none of the answers seem quite like you, simply select the answer closest to how you would respond.

You should be able to complete this quiz rather quickly. Here are the steps you will take to navigate your way through this self-discovery tool.

Step One – Complete the Head, Heart, Hand Assessment found on page 4

Step Two – Tabulate your answers on page 5

Step Three – Identify whether you are a THINKER, FEELER, OR DOER and follow the instructions

Have fun and get started now!



STEP
1 & 2

ASSESSMENT &
TABULATION

Head, Heart, Hand Self-Assessment

1. **If I had a free hour I'd rather spend it *thinking* more than about anything else.** (Y,N)
2. **A close friend would describe me as**
 - A. A Doer: acting, busy, focused on getting things done
 - B. A Thinker: an analyzer, rational thinker, a dreamer
 - C. A Feeler: emotional, sensitive, caring deeply for those in need
3. **If an unexpected conflict were to pop up between myself and a friend or co-worker, I would first:**
 - A. Experience an emotional reaction such as worry, anger, fear or anxiety
 - B. Get busy doing something to resolve the conflict
 - C. Spend time thinking, without much emotion, of possible solutions
4. **I cry easily.** (Y,N)
5. **I most enjoy**
 - A. Serving a friend through hands-on acts of practical service
 - B. Connecting emotionally with a friend in need by simply listening to them
 - C. Helping a friend think through possible solutions to a problem or brainstorming together
6. **I'm more comfortable thinking about things than I am feeling or acting** (Y,N)
7. **If a friend came to me confused about a difficult life decision, I would:**
 - A. Do something practical to help them
 - B. Help them think through their options
 - C. Try to understand their feelings about the decision
8. **I journal more about my feelings than I do about thoughts and actions** (Y,N)
9. **I'm a person of *action*** (Y,N)
10. **I would best describe myself as**
 - A. an emotional person
 - B. a doing person
 - C. a thinking person
11. **I like to be busy working at something most of the time** (Y,N)
12. **I journal more about my *thoughts* than I do about my feelings or actions** (Y,N)
13. **Others have told me I'm too emotional** (Y,N)
14. **I'm most frustrated when**
 - A. People don't get things done
 - B. People ignore the feelings of others
 - C. People don't stop to think before they act
15. **I journal more about the things I do than I journal about my thinking and feelings** (Y,N)

Tabulate Your Answers:

Add up all your points and insert your totals into each of the buckets on the following page.

1. **If I had a free hour I'd rather spend it *thinking* more than about anything else.**
Add 2 points to the THINKER BUCKET if YES
2. **A close friend would describe me as**
 - A. Add 3 points to the DOER BUCKET if this was your answer
 - B. Add 3 points to the THINKER BUCKET if this was your answer
 - C. Add 3 points to the FEELER BUCKET if this was your answer
3. **If an unexpected conflict were to pop up between myself and a friend or co-worker, I would first:**
 - A. Add 2 points to the FEELER BUCKET if this was your answer
 - B. Add 2 points to the DOER BUCKET if this was your answer
 - C. Add 2 points to the THINKER BUCKET if this was your answer
4. **I cry easily.**
Add 2 points to the FEELER BUCKET if YES
5. **I most enjoy**
 - A. Add 2 points to the DOER BUCKET if this was your answer
 - B. Add 2 points to the FEELER BUCKET if this was your answer
 - C. Add 2 points to the THINKER BUCKET if this was your answer
6. **I'm more comfortable thinking about things than I am feeling or acting**
Add 2 points to the THINKER BUCKET if YES
7. **If a friend came to me confused about a difficult life decision, I would:**
 - A. Add 1 point to the DOER BUCKET if this was your answer
 - B. Add 1 point to the THINKER BUCKET if this was your answer
 - C. Add 1 points to the FEELER BUCKET if this was your answer
8. **I journal more about my feelings than I do about thoughts and actions**
Add 2 points to the FELLER BUCKET if YES
9. **I'm a person of *action***
Add 2 points to the DOER bucket if YES
10. **I would best describe myself as**
 - A. Add 3 points to the FEELER BUCKET if this was your answer
 - B. Add 3 points to the DOER BUCKET if this was your answer
 - C. Add 3 points to the THINKER BUCKET if this was your answer
11. **I like to be busy working at something most of the time**
Add 2 points to the DOER BUCKET if YES
12. **I journal more about my *thoughts* than I do about my feelings or actions**
Add 2 points to the THINKER BUCKET if YES
13. **Others have told me I'm too emotional**
Add 2 points to the FEELER BUCKET if YES

14. **I'm most frustrated when**

- A. Add 2 points to the DOER BUCKET if this was your answer
- B. Add 2 points to the FEELER BUCKET if this was your answer
- C. Add 2 points to the THINKER BUCKET if this was your answer

15. **I journal more about the things I do than I journal about my thinking and feelings**

Add 2 points to the DOER BUCKET if YES



Congratulations! Your assessment is complete. Read on to learn the next steps that you need to take.

* The Head, Heart & Hand Assessment is not designed as a psychological test, nor is it intended for diagnosis or treatment of psychological disorders. If you are experiencing disturbing thinking, emotions or behaviors we encourage you to seek the support of a mental health professional.



STEP
3

SELF-DISCOVERY

Next Step

This self-discovery tool provides insight into your strengths as a thinker, feeler or doer. Each of us typically has one or perhaps two primary ways of interacting with the world. For some, thinking is primary while for others, it's emotions or action. Yet others may be a blend of two areas or fairly balanced between all three.

Here is what you will need to do next. Review your point totals in the Thinker, Feeler, Doer buckets. Then find the one option listed below that most applies to your results.

- **Thinkers** – If all of your points were in the Thinker bucket turn to page 9
- **Feelers** – If all of your points were in the Feeler bucket turn to page 11
- **Doers** – If all of your points were in the Doer bucket turn to page 13
- **Thinker 1st & feeler 2nd** – If most of your points were in the Thinker bucket and second most points were in the Feeler bucket turn to page 15
- **Thinker 1st & Doer 2nd** – If most of your points were in the Thinker bucket and second most points were in the Doer bucket turn to page 17
- **Feeler 1st & Doer 2nd** – If most of your points were in the Feeler bucket and second most points were in the Doer bucket turn to page 19
- **Feeler 1st & Thinker 2nd** – If most of your points were in the Feeler bucket and second most points were in the Thinker bucket turn to page 21
- **Doer 1st & Thinker 2nd** – If most of your points were in the Doer bucket and second most points were in the Thinker bucket turn to page 23
- **Doer 1st & Feeler 2nd** – If most of your points were in the Doer bucket and second most points were in the Feeler bucket turn to page 25
- **Evenly balanced between Thinker, Feeler & Doer** – If your points were even among all three buckets turn to page 27



THINKERS:

A daily commitment to biblically-based and God-focused Thinking, Feeling and Doing are the three legs upon which *Intentional Living* rests. When aligned and balanced, your life will be aligned and in balance too. However, when balanced Thinking, Feeling and Doing is either missing or lacking, your life—like a three-legged stool missing a leg—will also be out of balance, unstable and uncomfortable.

So it's no surprise that the Apostle Paul, when giving instructions for living the Christian life, included the following directive—not a suggestion—but, a directive: *Figure out (THINKING) what pleases Christ (FEELING) and then do it (DOING)!* (Ephesians 5:10 MSG).

When intentional Thinking, Feeling and Doing are equally engaged, extraordinary passion, peace and progress will result. Problems will be solved, others will feel cared for, conflicts will lessen, and things will be done in good order and for the right reasons.

SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a THINKER. That doesn't mean you aren't also sensitive to FEELING AND DOING, but simply that you see the world first like other people who also are primarily THINKERS.

SO WHAT?

As a THINKER you may respond to daily situations, problems, and concerns by first:

- Thinking things through logically
- Analyzing the situation
- Contemplating all the solutions
- Coming up with new and creative ideas

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Being unaware of the feelings of others
- Taking the necessary action needed
- Over analyzing the situation
- Procrastinating
- Having good intentions, but not acting on them

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the areas of FEELING and DOING consider how focusing even on doing just ONE THING from the list below every day could positively impact your life and family.

- Act on solving one problem today needing your attention
- Place a limit on the amount of time you will take for analysis and force yourself to decide and act
- Ask your spouse (co-worker) what one thing you could do to help them today and then do it
- Ask god to give you a refreshed heart of concern for others
- Make a decision you've been putting off and then act upon it by doing one thing today
- Intentionally acknowledge the ideas and opinions of another person

We hope that the Head, Heart, Hand Self-Assessment has been informative and helpful for you. We have lots of other helps available on our website at TheIntentionalLife.com, including articles, inspirational stories of others living intentionally, our daily radio program and podcast, along with many helpful books, CDs and videos.

We created this self-assessment as an educational tool to help you learn about yourself and others in order to live an extraordinary, intentional life in Christ. This assessment is not intended to be a replacement for any medical or psychological assessment. **This is not a psychological test.** It is intended for educational purposes only. We trust the personal insight you've gained will help you to succeed with your Intentional One Thing you've committed to. If you struggle with either medical or psychological problems, please contact an appropriate professional in your area.



FEELERS

A daily commitment to biblically-based and God-focused Thinking, Feeling and Doing are the three legs upon which *Intentional Living* rests. When aligned and balanced, your life will be aligned and in balance too. However, when balanced Thinking, Feeling and Doing is either missing or lacking, your life—like a three-legged stool missing a leg—will also be out of balance, unstable and uncomfortable.

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SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a FEELER. That doesn't mean you aren't also sensitive to THINKING AND DOING, but simply that you see the world first like other people who also are primarily FEELERS.

SO WHAT?

As a *FEELER* you may typically respond to daily situations, problems, and concerns by first:

- Experiencing an emotional response (fear, anger, jealousy, etc)
- Expressing concern for the feelings of others.
- Placing the feelings and needs of others above your own.

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Overreacting
- Appearing illogical
- Allowing your feelings to get in the way of good judgment
- Experiencing physical reactions to emotional responses
- Jumping to conclusions

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the areas of THINKING and DOING consider how focusing even on doing just ONE THING from the list below every day could positively impact your life and family.

- Don't react until you've first prayed about the problem
- Wait 24-hours (if you can) before responding
- Write your feelings in a daily journal
- Talk to a mature trusted friend about your feelings before taking action
- Make a healthy decision and then take action toward that decision today
- Memorize and repeat scripture that quiets your emotions
- Don't react until you've thought the situation through and have a clear plan of action – then act

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DOERS

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When intentional Thinking, Feeling and Doing are equally engaged, extraordinary passion, peace and progress will result. Problems will be solved, others will feel cared for, conflicts will lessen, and things will be done in good order and for the right reasons.

SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a DOER. That doesn't mean you aren't also sensitive to THINKING AND FEELING, but simply that you see the world first like other people who also are primarily DOERS.

SO WHAT?

As a DOER you may respond to daily situations, problems, and concerns by first:

- Taking action after seeing a need
- Keeping lists and working off of them
- Taking charge
- Volunteering
- Not waiting for others

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Over commitment
- Not being able to say “no”
- Acting without thinking the situation through completely
- Getting frustrated with people who talk, but don't act
- Feeling overwhelmed

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the areas of THINKING and FEELING consider how focusing even on doing just ONE THING from the list below every day could positively impact your life and family.

- Shorten your to do-list
- Spend 10-minutes today in quiet thoughtful contemplation about an important issue
- Pray for the needs of another person
- Stop doing one thing that is keeping you from finding balance in your life

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THINKER 1ST – FEELER 2ND

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SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a THINKER FIRST AND A FEELER SECOND. That doesn't mean you aren't also sensitive to DOING, but simply that you see the world first like other people who also are primarily THINKERS AND FEELERS.

SO WHAT?

As a *THINKER* and *FEELER* you may respond to daily situations, problems, and concerns by first:

- Thinking things through logically
- Analyzing the situation
- Contemplating all the solutions
- Coming up with new and creative ideas
- Experiencing an emotional response (fear, anger, jealousy, etc)
- Expressing concern for the feelings of others
- Placing the feelings and needs of others above your own

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Taking the necessary action needed
- Over analyzing the situation
- Procrastinating
- Having good intentions, but not acting on them
- Overreacting
- Appearing illogical
- Allowing your feelings to get in the way of good judgment
- Experiencing physical reactions to emotional responses
- Jumping to conclusions

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the area of DOING, consider focusing on doing just ONE THING from the list below every day.

- Act on solving one problem today needing your attention
- Place a limit on the amount of time you will take for analysis and force yourself to decide and act
- Ask your spouse (co-worker) what one thing you could do to help them today and then do it
- Ask God to give you a refreshed heart of concern for others
- Make a decision you've been putting off and then act upon it by doing one thing today
- Intentionally acknowledge the ideas and opinions of another person
- Don't react until you've first prayed about the problem
- Wait 24-hours (if you can) before responding
- Write your feelings in a daily journal
- Talk to a mature trusted friend about your feelings before taking action
- Make a healthy decision and then do one thing today
- Memorize and repeat scripture that quiets your emotions
- Don't react until you've thought the situation through and have a clear plan of action—then act

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THINKER 1ST – DOER 2ND

A daily commitment to biblically-based and God-focused Thinking, Feeling and Doing are the three legs upon which *Intentional Living* rests. When aligned and balanced, your life will be aligned and in balance too. However, when balanced Thinking, Feeling and Doing is either missing or lacking, your life—like a three-legged stool missing a leg—will also be out of balance, unstable and uncomfortable.

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SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a THINKER FIRST AND A DOER SECOND. That doesn't mean you aren't also sensitive to FEELING, but simply that you see the world first like other people who also are primarily THINKERS AND DOERS.

SO WHAT?

As a *THINKER* and *DOER* you may respond to daily situations, problems, and concerns by first:

- Thinking things through logically
- Analyzing the situation
- Contemplating all the solutions
- Coming up with new and creative ideas
- Taking action after seeing a need
- Working off of lists
- Taking charge
- Volunteering
- Not waiting for others

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Being unaware of the feelings of others
- Over analyzing the situation
- Having good intentions, but not acting on them
- Over commitment
- Not being able to say “no”
- Occasionally acting without thinking the situation through completely
- Getting frustrated with people who talk, but don't act
- Feeling overwhelmed

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the areas of FEELING consider how focusing even on doing just ONE THING from the list below every day could positively impact your life and family.

- Act on solving one problem today needing your attention
- Place a limit on the amount of time you will take for analysis and force yourself to decide and act
- Ask your spouse (co-worker) what one thing you could do to help them today and then do it
- Ask God to give you a refreshed heart of concern for others
- Make a decision you've been putting off and then act upon it by doing one thing today
- Intentionally acknowledge the ideas and opinions of another person
- Shorten your do-list
- Spend 10-minutes today in quiet thoughtful contemplation about an important issue
- Pray for the needs of another person
- Stop doing one thing that is keeping you from finding balance in your life

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FEELERS 1ST AND DOERS 2ND

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SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a FEELER FIRST AND DOER SECOND. That doesn't mean you aren't also sensitive to THINKING, but simply that you see the world first like other people who also are primarily FEELERS AND DOERS.

SO WHAT?

As a FEELER and DOER you may respond to daily situations, problems, and concerns by first"

- Experiencing an emotional response (fear, anger, jealousy, etc)
- Expressing concern for the feelings of others
- Placing the feelings and needs of others above your own
- Taking action after seeing a need
- Keeping lists and working off of them
- Taking charge
- Volunteering
- Not waiting for others

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Overreacting
- Appearing illogical
- Allowing your feelings to get the way of good judgment
- Experiencing physical reactions to emotional responses
- Jumping to conclusions
- Over commitment
- Not being able to say "no"
- Acting without thinking the situation through completely

- Getting frustrated with people who talk, but don't act
- Feeling overwhelmed

SO WHAT CAN I DO TO SUCCEED?

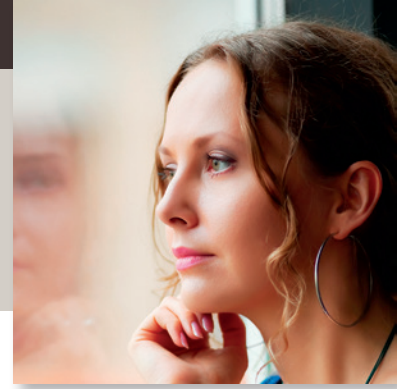
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In order to grow in the area of Intentional THINKING, consider doing just ONE THING from the list below every day.

- Don't react until you've first prayed about the problem
- Wait 24-hours (if you can) before responding
- Write your feelings in a daily journal
- Talk to a mature trusted friend about your feelings before taking action
- Make a healthy decision and then do one thing today
- Memorize and repeat scripture that quiets your emotions
- Don't react until you've thought the situation through and have a clear plan of action – then act
- Shorten your do-list
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FEELER 1ST AND THINKER 2ND

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SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a FEELER FIRST AND A THINKER SECOND. That doesn't mean you aren't also sensitive to DOING, but simply that you see the world first like other people who also are primarily FEELER AND THINKER.

SO WHAT?

As a FEELER and THINKER you may respond to daily situations, problems, and concerns by first:

- Experiencing an emotional response (fear, anger, jealousy, etc)
- Expressing concern for the feelings of others
- Placing the feelings and needs of others above your own
- Thinking things through logically
- Analyzing the situation
- Contemplating all the solutions
- Coming up with new and creative ideas

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Overreacting
- Appearing illogical
- Allowing your feelings to get the way of good judgment
- Experiencing physical reactions to emotional responses
- Jumping to conclusions
- Being unaware of the feelings of others
- Taking the necessary action needed
- Over analyzing the situation
- Procrastinating
- Having good intentions, but not acting on them

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the areas of Intentional DOING consider how focusing even on doing just ONE THING from the list below every day could positively impact your life and family.

- Don't react until you've first prayed about the problem
- Wait 24-hours (if you can) before responding
- Write your feelings in a daily journal
- Talk to a mature trusted friend about your feelings before taking action
- Make a healthy decision and then do one thing today
- Memorize and repeat scripture that quiets your emotions
- Don't react until you've thought the situation through and have a clear plan of action – then act
- Act on solving one problem today needing your attention
- Place a limit on the amount of time you will take for analysis and force yourself to decide and act
- Ask your spouse (co-worker) what one thing you could do to help them today and then do it
- Ask god to give you a refreshed heart of concern for others
- Make a decision you've been putting off and then act upon it by doing one thing today
- Intentionally acknowledge the ideas and opinions of another person

We hope that the Head, Heart, Hand Self-Assessment has been informative and helpful for you. We have lots of other helps available on our website at TheIntentionalLife.com, including articles, inspirational stories of others living intentionally, our daily radio program and podcast, along with many helpful books, CDs and videos.

We created this self-assessment as an educational tool to help you learn about yourself and others in order to live an extraordinary, intentional life in Christ. This assessment is not intended to be a replacement for any medical or psychological assessment. **This is not a psychological test.** It is intended for educational purposes only. We trust the personal insight you've gained will help you to succeed with your Intentional One Thing that you've committed to. If you struggle with either medical or psychological problems, please contact an appropriate professional in your area.



DOER 1ST AND THINKER 2ND

A daily commitment to biblically-based and God-focused Thinking, Feeling and Doing are the three legs upon which *Intentional Living* rests. When aligned and balanced, your life will be aligned and in balance too. However, when balanced Thinking, Feeling and Doing is either missing or lacking, your life—like a three-legged stool missing a leg—will also be out of balance, unstable and uncomfortable.

So it's no surprise that the Apostle Paul, when giving instructions for living the Christian life, included the following directive—not a suggestion—but, a directive: *Figure out (THINKING) what pleases Christ (FEELING) and then do it (DOING)!* (Ephesians 5:10 MSG).

When Intentional Thinking, Feeling and Doing are equally engaged, extraordinary passion, peace and progress will result. Problems will be solved, others will feel cared for, conflicts will lessen, and things will be done in good order and for the right reasons.

SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a DOER FIRST AND A THINKER SECOND. That doesn't mean you aren't also sensitive to FEELINGS, but simply that you see the world first like other people who also are primarily DOERS AND THINKERS.

SO WHAT?

As a DOER and THINKER you may respond to daily situations, problems, and concerns by first:

- Taking action after seeing a need
- Keeping lists and working off of them
- Taking charge
- Volunteering
- Not waiting for others
- Thinking things through logically
- Analyzing the situation
- Contemplating all the solutions
- Coming up with new and creative ideas

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Over commitment
- Not being able to say “no”
- Acting without thinking the situation through completely
- Getting frustrated with people who talk, but don't act
- Feeling overwhelmed
- Being unaware of the feelings of others
- Taking the necessary action needed
- Over analyzing the situation

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the areas of FEELINGS consider doing just ONE THING from the list below every day.

- Shorten your do-list
- Spend 10-minutes today in quiet thoughtful contemplation about an important issue
- Pray for the needs of another person
- Stop doing one thing that is keeping you from finding balance in your life
- Act on solving one problem today needing your attention
- Call someone in need today and offer encouragement and prayer
- Ask your spouse (co-worker) what one thing you could do to help them today and then do it
- Ask god to give you a refreshed heart of concern for others
- Intentionally acknowledge the ideas and opinions of another person

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DOER 1ST AND FEELER 2ND

A daily commitment to biblically-based and God-focused Thinking, Feeling and Doing are the three legs upon which *Intentional Living* rests. When aligned and balanced, your life will be aligned and in balance too. However, when balanced Thinking, Feeling and Doing is either missing or lacking, your life—like a three-legged stool missing a leg—will also be out of balance, unstable and uncomfortable.

So it's no surprise that the Apostle Paul, when giving instructions for living the Christian life, included the following directive—not a suggestion—but, a directive: *Figure out (THINKING) what pleases Christ (FEELING) and then do it (DOING)!* (Ephesians 5:10 MSG).

When Intentional Thinking, Feeling and Doing are equally engaged, extraordinary passion, peace and progress will result. Problems will be solved, others will feel cared for, conflicts will lessen, and things will be done in good order and for the right reasons.

SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a DOER FIRST AND A FEELER SECOND. That doesn't mean you aren't also sensitive to THINKING, but simply that you see the world first like other people who also are primarily DOERS AND FEELERS.

SO WHAT?

As a DOER and FEELER you may respond to daily situations, problems, and concerns by first:

- Taking action after seeing a need
- Keeping lists and working off of them
- Taking charge
- Volunteering
- Not waiting for others
- Experiencing an emotional response (fear, anger, jealousy, etc)
- Expressing concern for the feelings of others
- Placing the feelings and needs of others above your own

The above can be a real strength, but keep in mind you may struggle from time to time with:

- Over commitment
- Not being able to say “no”
- Acting without thinking the situation through completely
- Getting frustrated with people who talk, but don't act
- Feeling overwhelmed
- Overreacting
- Appearing illogical
- Allowing your feelings to get the way of good judgment

- Experiencing physical reactions to emotional responses
- Jumping to conclusions

SO WHAT CAN I DO TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow in the area of intentional THINKING consider doing just ONE THING from the list below every day.

- Shorten your to do-list
- Spend 10-minutes today in quiet thoughtful contemplation about an important issue
- Pray for the needs of another person
- Stop doing one thing that is keeping you from finding balance in your life
- Spend 30-minutes just thinking about solutions to a problem—write the solutions down and selection the best solution to act upon
- Don't react until you've first prayed about the problem
- Wait 24-hours (if you can) before responding
- Write your feelings into a daily journal
- Talk to a mature trusted friend about your feelings before taking action
- Make a healthy decision and then do one thing today
- Memorize and repeat scripture that quiets your emotions
- Don't react until you've thought the situation through and have a clear plan of action – then act

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BALANCE OF THINKING, FEELING AND DOING

Congratulations – if we were giving out grades you’d get an A+. Your answers to the questions on the assessment revealed a healthy balance between Thinking, Feeling and Doing.

We believe a daily commitment to biblically-based and God-focused Thinking, Feeling and Doing are the three legs upon which *Intentional Living* rests. When aligned and balanced, your life is aligned and in balance too. However, when balanced Thinking, Feeling and Doing is either missing or lacking, your life—like a three-legged stool missing a leg—will also be out of balance, unstable and uncomfortable.

So it’s no surprise that the Apostle Paul, when giving instructions for living the Christian life, included the following directive—not a suggestion – but, a directive: *Figure out (THINKING) what pleases Christ (FEELING) and then do it (DOING)!* (Ephesians 5:10 MSG).

When intentional Thinking, Feeling and Doing are equally engaged, extraordinary passion, peace and progress will result. Problems will be solved, others will feel cared for, conflicts will lessen, and things will be done in good order and for the right reasons.

SO WHAT CAN YOU LEARN ABOUT YOURSELF?

You answered the self-assessment questions most similar to those who view life as a balance between THINKING, FEELING AND DOING.

SO WHAT?

As a balance person with THINKING, FEELING AND DOING you likely respond to daily situations, problems, and concerns by first:

- Thinking things through logically
- Analyzing the situation
- Contemplating all the solutions
- Coming up with new and creative ideas
- Experiencing an emotional response (fear, anger, jealousy, etc)
- Expressing concern for the feelings of others
- Placing the feelings and needs of others above your own
- Taking action after seeing a need
- Keeping lists and working off of them
- Taking charge
- Volunteering
- Not waiting for others

The above can be a real strength, but keep in mind even though your answers reveal balance you may still struggle from time to time with:

- Being unaware of the feelings of others
- Taking the necessary action needed
- Over analyzing the situation
- Procrastinating
- Having good intentions, but not acting on them
- Overreacting
- Appearing illogical
- Allowing your feelings to get the way of good judgment
- Experiencing physical reactions to emotional responses
- Jumping to conclusions
- Over commitment
- Not being able to say “no”
- Acting without thinking the situation through completely
- Getting frustrated with people who talk, but don't act
- Feeling overwhelmed

SO WHAT CAN I DO TO CONTINUE TO SUCCEED?

Godly Thinking, Feeling and intentional Doing should continue to be your goal. In the coming days and weeks, consider how the daily commitment to do the next right ONE THING to balance Thinking, Feeling and Doing could change your life.

In order to grow consider how focusing on even just ONE THING from the list below every day could positively impact your life and family.

- Act on solving one problem today needing your attention
- Place a limit on the amount of time you will take for analysis and force yourself to decide and act
- Ask your spouse (co-worker) what one thing you could do to help them today and then do it
- Ask God to give you a refreshed heart of concern for others
- Make a decision you've been putting off and then act upon it by doing one thing today
- Intentionally acknowledge the ideas and opinions of another person
- Don't react until you've first prayed about the problem
- Wait 24-hours (if you can) before responding
- Write your feelings in a daily journal
- Talk to a mature trusted friend about your feelings before taking action
- Make a healthy decision and then do one thing today
- Memorize and repeat scripture that quiets your emotions
- Don't react until you've thought the situation through and have a clear plan of action – then act
- Shorten your do-list
- Spend 10-minutes today in quiet thoughtful contemplation about an important issue
- Pray for the needs of another person
- Stop doing one thing that is keeping you from finding balance in your life

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About the Author

When it comes to parenting, marriage, and other relationship issues, people are turning to best-selling author, counselor and radio personality Dr. Randy Carlson. Recognized as an advocate for the family, Randy hosts Intentional Living, a live daily call-in program syndicated to radio stations nationwide.

As president of Family Life Communications Incorporated, Randy also oversees the ministries of Intentional Living (Parent Talk, Inc.) and Family Life Radio.

Randy has written or coauthored five books: Starved for Affection, Unlocking the Secrets of Your Childhood Memories, Parent Talk, Father Memories, The Cain & Abel Syndrome and his sixth book, The Power of One Thing.

Randy is a licensed marriage and family therapist with a doctorate in counseling psychology and over twenty-six years of counseling experience. He shares wisdom, encouragement, and comfort from God's Word with people who call the daily Intentional Living program with issues that affect their families today. He has appeared on national radio and television talk shows such as Good Morning America, Focus on the Family with Dr. James Dobson, and Moody's Midday Connection. He also speaks at conferences and seminars around the country.

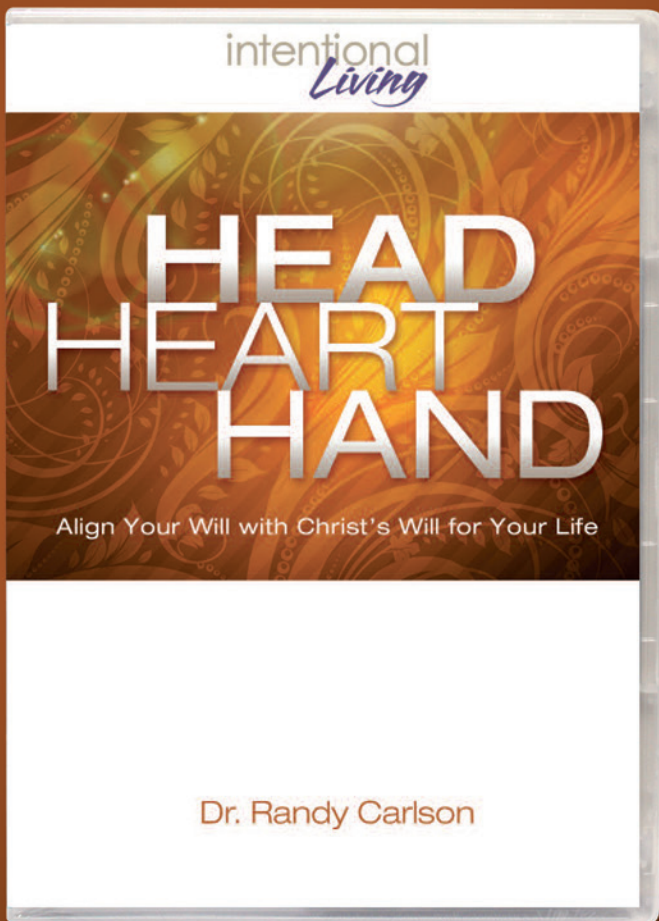
Dr. Carlson and his wife, Donna, have three grown children and four grandchildren and reside in Tucson, Arizona. Randy and Donna share a deep commitment to each other, to their family, and to helping others live an intentional life in Christ.



HEAD HEART HAND

DVD Teaching

Align Your Will with Christ's Will for Your Life



Head, Heart, Hand

There was a point in time when perfect thinking, healthy emotions, and right behaviors were replaced with three hideous, life altering and relationship destroying burdens that every one of us face today. It was a day when the head, the heart, and the hand of humanity was shattered in the Garden of Eden.

In this full length DVD teaching, Dr. Randy Carlson shows that unless you bring those three elements of your life into alignment – your relationships, health, finances and maybe even your faith are in jeopardy. You'll learn how to:

- Achieve a better understanding of your spouse
- Put an end to self-deception
- Do the things that God is really asking you to do

You can bring your head, heart and hand into perfect balance by applying the principles of *Intentional Living*.

Find this at shop.TheIntentionalLife.com

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HEAD HEART HAND ASSESSMENT
