











## INNER MUSCLE #1 – IMPULSE CONTROL

Impulse control involves the ability to:

- Pause before speaking
- Wait before acting
- Resist criticism
- Delay a response
- Protect strategic priorities
- Avoid giving a quick “yes”
- Avoid being too mean in giving a short “no”

*"A fool gives full vent to his spirit, but a wise man quietly holds it back."*  
(Proverbs 29:11)

*"The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things."* (Proverbs 15:28)

*"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger."* (James 1:19)

---

---

---

---

---

---

---

---

---

---















































## **INNER MUSCLE #9 – SELF-EVALUATION**

Self-evaluation, or self-examination, is ongoing awareness of your **performance, impact, and inner strength** to fulfill your calling.

*"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!"*  
(Psalm 139:23–24)

*"Let a person examine himself." (1 Corinthians 11:28)*

*"Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers." (Acts 20:28)*

*"But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor." (Galatians 6:4)*

---

---

---

---

---

---

---

---

---

---





