

***You can predict  
where you will be  
10 years from now!***

*As a matter of fact, nothing will change unless you decide to change.  
People don't get nicer or better because  
they get more birthday candles.  
Everybody knows adults who still act like pre-teens.  
Don't become one of them.*

***5 Spiritual Muscle Exercises***

***Eyes***

***Ears***

***Mouth***

***Knees***

***Hands***

*"Doc" phil. myers,  
Florida Bible College at Tampa*

YOU CAN PREDICT WHERE YOU WILL BE TEN YEARS FROM NOW

WILL I BE HAPPILY MARRIED? *[1st or 2nd time]*  
 WILL I HAVE MONEY OR OWE MONEY?  
 WILL I BE A COLLEGE GRAD?  
 HOW MANY FRIENDS *[or enemies]* WILL I HAVE?

WHAT WILL MY WALK WITH CHRIST BE LIKE?  
 WILL I GET ALONG WITH MY FELLOW EMPLOYEES?  
 WHAT ISSUES WILL I STRUGGLE WITH MOST?

WILL PEOPLE RESENT ME?  
 WHAT KIND OF THINGS WILL I STILL ENJOY?  
 HOW WILL I SPEND MY FREE TIME?

HOW WILL THE LORD BE USING MY LIFE?  
 WHAT KIND OF GRADES WILL I GET IN COLLEGE?  
 WHAT WILL MY BOY/GIRLFRIEND BE LIKE?

WILL GOD ANSWER ANY OF MY PRAYERS?  
 WILL I HAVE ULCERS?  
 WILL I CARE ABOUT GOD?

WHAT WILL MY "GREED FACTOR" BE?  
 WHO WILL DISLIKE ME?  
 WHAT KIND OF PEOPLE WILL SEEK ME OUT?  
 HOW MANY SPEEDING TICKETS WILL I HAVE?

HOW DIFFICULT WILL IT BE FOR ME TO RESIST PEER PRESSURE?  
 WILL MY BOSS CONSIDER ME FOR A RAISE/PROMOTION?  
 FROM WHAT WILL I GET THE MOST PLEASURE?  
 WHAT WILL CAUSE ME TO "CAVE IN?"

WHOM WILL I ADMIRE?  
 WHO WILL BE MY HEROES?  
 WHAT WILL I THINK OF MYSELF?  
 WILL MY CLOSE FRIENDS BE FAITHFUL?

WILL I BE FAITHFUL TO MY SPOUSE? *[always?]*  
 WILL I BE LIKE MY DAD OR LIKE MY MOM?  
 WILL I STILL BE ACTING LIKE A TEENAGER?

“You will become like the people you admire.”  
Dean Beal

“As now, so then.”  
Van Til

“Attempt today what you hope to accomplish tomorrow.”  
PJM

**DIRECTIONS: answer the following 57 questions honestly.**

**RESULTS: if you answer honestly, you will be able to anticipate what your life will be like ten years from now, UNLESS YOU MAKE A CONCERTED EFFORT TO CHANGE.**

1. If you were in charge of \$250,000 which you were required to give it away, how would you divide it up?
- |   |       |                          |
|---|-------|--------------------------|
| buy gifts for my friends                  | _____ |                          |
| feed the poor and homeless                | _____ |                          |
| give it to a missionary I know            | _____ | #1 gets the most money   |
| build a hospital in a third world country | _____ | #2 gets less             |
| give to a crisis pregnancy shelter        | _____ | #3 . . .you get the idea |
| buy a house for parents/grandparents      | _____ |                          |
| build a church in another country         | _____ |                          |
| give to my church                         | _____ | Skip any you want.       |
| other _____                               | _____ | other _____ other _____  |

2. What are the 6 best TV programs [whether you watch them or not]?
- |           |           |       |
|-----------|-----------|-------|
| _____ [ ] | _____ [ ] | _____ |
| [ ]       |           |       |
| _____ [ ] | _____ [ ] | _____ |
| [ ]       |           |       |

After each one identify it as C=comedy, S=soaps, A=athletic, AH=adult humor, O=other

3. What percent of your own spending money are you giving to church or missions, including allowance plus earning from any jobs?
- \_\_\_0% \_\_\_1-3% \_\_\_4-6% \_\_\_7-10% \_\_\_10+%
4. Think of the 3 movies/videos you have recently enjoyed seeing or are looking forward to seeing.
- \_\_\_\_\_

5. Circle any and all of the primary messages they portray.
- |          |            |       |                      |     |                                |         |                        |
|----------|------------|-------|----------------------|-----|--------------------------------|---------|------------------------|
| violence | sex        | crime | profanity            | war | horror                         | torture | marital unfaithfulness |
| purity   | gentleness |       | kindness to a friend |     | commitment to moral conviction |         |                        |

6. If I asked your Mom or Dad how many times they have to remind you to do your chores or help out around the house, what would they say?
- One and done     couple times     lots     they never ask me

7. Circle which kinds of music you listen to most often.
- |      |                |             |             |        |
|------|----------------|-------------|-------------|--------|
| rock | hard rock      | Christian   | talk        | oldies |
| R&B  | easy listening | classical   | country     |        |
| soul | pop            | other _____ | other _____ |        |

8. How hard do you usually try?
- A. turning in your BEST homework?  
10 9 8 7 6 5 4 3 2 1
- B. calisthenics for an athletic team?  
10 9 8 7 6 5 4 3 2 1
- C. working at your part-time job?  
10 9 8 7 6 5 4 3 2 1
9. How important is it that you know the words to popular songs that “everybody else” knows?  
very      medium      little
10. How difficult is it for you to turn off music which you feel dishonors God?  
hard      medium      easy
11. Check the items you probably pray for in a week either individually or with your family?  
parents      meals      missionaries  
school mates      unsaved friends      saved friends
12. Name the adult in your life whom you most admire, who knows you personally. \_\_\_\_\_
13. What qualities do appreciate most in that person?  
intelligence/insights      positive attitude      money  
success at something      kindness      willingness to listen  
home/car/clothes      coolness      generosity  
way he treats you
14. Name any adult you admire. It doesn't have to be someone who knows you. \_\_\_\_\_  
Why? \_\_\_\_\_
15. If you could permanently trade places with anyone in history, living or dead, who would it be? \_\_\_\_\_  
Why? \_\_\_\_\_
16. How often do you use profanity, vulgar language, listen [*intently*] to filthy jokes, or watch videos or TV which contain a lot of it?  
daily      often      seldom      virtually never
17. Which 3 of the following do you think you could find satisfaction in accomplishing.  
 discover the cure to cancer       teach through the Bible  
 direct a great school play, coach a team,       start a business which employs 100 people  
 play on a championship pro team       direct a church choir  
 be an entertainer, lead an orchestra, be a soloist       be useful in the church  
 be a good listener       lead someone to Christ  
 play on a losing team that cared much for each       \_\_\_\_\_ other
18. Have you ever been let go from a job or volunteer position or team because the boss accused you of being lazy? Even falsely.  
Yea      Nay

19. How many of your friends know you are a Christian?  
 \_\_\_\_% closest friends  
 \_\_\_\_% best acquaintances  
 \_\_\_\_% kids at school & neighbors
20. How often have you tried to bring a friend to Christ? Circle one  
 several times                          often  
 seldom    never
21. How many Bible verses do you think you've learned in your life? circle  
 1-5                  5-10                  10-20                  20-50                  50+                  100+

22. What has been the stupidest question so far? \_\_\_\_\_

23. Circle all that are true.  
 a. I \_\_\_\_\_ my Dad.
- |      |            |               |             |
|------|------------|---------------|-------------|
| love | like       | admire        | avoid       |
| miss | don't like | listen to     | make fun of |
| hate | copy       | enjoy obeying | don't know  |
- Only if your dad has passed away, answer for your step-dad.

24. Circle all that are true.  
 a. I \_\_\_\_\_ my Mom.
- |      |            |               |             |
|------|------------|---------------|-------------|
| love | like       | admire        | avoid       |
| miss | don't like | listen to     | make fun of |
| hate | copy       | enjoy obeying | don't know  |
- Only if your mom has passed away, answer for your step-mom.

25. Would you rather  
 be attractive                           be kind

26. Would you rather  
 have sarcastic, witty friends                           have diligent students for friends

27. Would you rather  
 have intelligent friends                           have thoughtful friends

28. Would you rather  
 have a few close friends                           have many casual friends

29. How important are nice clothes for your closest friends?  
 absolutely necessary                           very important  
 not too important                           taken for granted

30. At which do work hardest?  
 Becoming attractive                           Developing friendships

31. Circle any and all the words your brothers/sisters/parents might use to describe you in THEIR opinions

*CIRCLE when they **feel best** about you  
 UNDERLINE when they **feel worst** about you.]*

mean	kind	helpful	lazy	sullen	cheerful
careful	sloppy	diligent	cool	geek	proud
thoughtful	humble	thoughtless	quiet	loud	wise
foolish	spiritually-minded		knowledgeable in Scripture		

32. Do you ever steal? If so, is it usually  
 under \$1                       over or under \$5                       over or under \$10
33. If you drive, do you always try to stay under the speed limit?     Yea     Nay             N/A, don't drive
34. Do you find that you join the crowd or stand against it when they start to mock some: minority, ethnic, religious, physically/ mentally handicapped?  
 join                               stand vocally against                       stay neutral
35. How often do you go out of your way to help others? [*i.e. pick up his/her dropped book or package, volunteer to do more than your share of chores around the house, offer to clean up after a party, mow a widow's lawn, fix things for others, etc.*]  
 I look for opportunities             from time to time I help out             not too often
36. In which categories would you say your heroes are?  
 musicians                               athletes                               missionaries & notable Christians  
 teachers/coaches                       businessmen                       other \_\_\_\_\_  
 movies & TV
37. Why do you admire those heroes?  
 fame, prestige, status, salary                       skills & talents  
 character traits                       other \_\_\_\_\_
38. What do your parents and other adults THINK about your *closest* friend[s]?  
 they're rebels                               they're sharp  
 they're on drugs                               they don't know any of my friends  
 they think my friends aren't good enough                       they like my friends  
 other \_\_\_\_\_
39. What good advice has a friend given you that you have ignored? \_\_\_\_\_
40. The last couple of times you were accused unjustly, what was your typical response?  
 the accuser was a jerk                               "I'll get you back for this!"  
 hurt feelings                               other \_\_\_\_\_  
 surprised
41. How much of the Bible have you read?  
 a couple books                       most of it                       none  
 hardly any                       all of it
42. How regularly do you read the Bible alone?  
 often             seldom             almost every day             never

43. Compared to most of your friends, how are your future goals for your life?  
 higher than most lower than most of my friends  
 10 9 8 7 6 5 4 3 2 1
44. How content are you with the way God made you? [looks, intelligence, complexion, hair, abilities, competence, health, financial situation of your family, etc.]  
discontent angry satisfied
45. Can you think of at least 5 occupations you would enjoy which you think you could become qualified for?  
Yes No
46. Since you'll probably develop the same basic attitudes and habits as your folks and closest friends:  
 a. how angry are they at other drivers? \_\_\_\_\_  
 b. how do they treat their friends? \_\_\_\_\_  
 c. how do they treat their enemies? \_\_\_\_\_  
 d. what kind of attitudes do they have about taxes, cops, bosses, and annoying neighbors? \_\_\_\_\_
47. In what area is it hardest for you to be honest? school gossip accused when guilty pride
48. Is there any area in which you have probably given anyone reason to doubt your total honesty?  
Yes No
49. Are you an impulse buyer,  Yes  No food, clothes, music, bling, DVDs, etc.  
 or do you carefully consider each purchase and determine whether you can afford it?  Yes  No
50. Can you control your snacking?  Yes  No Do you?  Yes  No  
 Could you go without eating for 24 hours drinking only liquids?  
 Yes  No
51. In what areas is it hardest to control your time or money? \_\_\_\_\_
52. How is your NQ? [neatness quotient] Do you take care of the things you own?  
 \_\_\_\_\_  
 Would your friends consider you neat "enough"?  Yes  No
53. How's your thought life? Do you catch yourself leering over sensuous ads, allowing your eyes to wander, savoring lustful thoughts?  
Yes No  
 Can you turn your eyes away easily?  
Yes No yes, but it's hard
54. If you could marry anyone at all, whom would you pick? \_\_\_\_\_ initial only [or "X"]  
 circle appropriate  
Is he/she kind, thoughtful, and forgiving?  
Would he/she make a good mother/father for your kids?  
Hard worker? Morally pure? Well thought of by others?  
Living life smart? Making wise decisions?
55. What are the **top 5** [or more] **negative factors** [attitudes or habits] which would immediately halt your interest in someone.  
 - -  
 - -  
 - -  
 - -  
 - -

56. Would you ever consider cultivating a serious relationship with someone who has not demonstrated a consistent walk with the Lord for the past two years?

Yes       No

57. Are there any areas of your life that we haven't considered which you know will have to be changed someday?

Yes       No

What do you want to argue about?

*The habits you have already established  
will continue to mold your life  
during the next decade,  
and **not much will change unless you make a rock solid  
determination to change**  
the direction you are going—positive or negative.*

*Every kid needs to improve steadily in each of these 56 aspects of life as he reaches closer to adulthood.*

*Your competence in each facet of growth must rise to be acceptable **or you will remain a child.***

*If you're not careful, you can grow up to become a parent  
and still have only the maturity of a junior high school kid.*

*Can you think of several more questions  
you'd add to this list that might help your friends consider some of the choices they are making?*

***Everyone knows a childish adult.***

***Don't become one yourself.***



The 10 dumbest decisions people  
I know have made  
*[does not need to be autobiographical]*  
between ages 15 & 25.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.