

Battling Cancer

Hope and Inspiration for the Journey Ahead

Behavior Positivity Tracker

In any life challenge, you may have negative behaviors as you become frustrated by your situation and the lack of control you have to change the out-come. The Positivity Tracker can help you adjust your actions through the identification and realization of how your behaviors are impacting you and those around you.

The characteristics highlighted in Galatians 5:22–23 are called the fruit of the Spirit. By demonstrating these traits with God’s help, you will be a positive light to others you interact with, and you will change the way you look at life, your cancer battle, your relationships, and the world. You can use the tracker as a tally sheet to provide you with valuable information about reshaping your perspective, responses, actions, emotions, and feelings. However, it is only through God’s help that you can truly transform. He knows what you need and can change your mind and heart to enable the transformation. Through Him, all is possible.

Positivity Tracker Instructions

This exercise involves tracking and reflecting on your characteristics, behaviors, emotions, and actions. For simplicity, I will refer to these collectively as *behaviors*.

- Each column in the table can either reflect a specific day or week. Insert the date or week reference in the gray box at the top of each column.
- When you demonstrate the behavior, place a tally mark in the appropriate box. For example, during your first week, if you felt joy, mark 1 in Column 1, Row B. Continue tracking the behaviors based on the time period you have designated.
- At the end of the designated time period, write a total for each behavior in the respective box in Column 8.
- Reflect on what the data is telling you. How did you impact others when you demonstrated each behavior? How did it affect you? What were your strengths? Where do you need more development?
- Ask God for help in finding ways to utilize your strengths and to give you the wisdom to change those areas you identified as needing improvement.
- As you make changes, reflect on how utilizing your strengths and adjusting to address behavioral gaps are altering your perspective. How is embracing the fruit of the Spirit transforming you? How has the Holy Spirit showed up to help you transform?

Refer to the Behavior Action Examples for a list of actions you can take to model the fruit of the Spirit.

Behavior Positivity Tracker									
Fruit of the Spirit <i>Galatians 5:22–23</i>		Day or Week							
		1	2	3	4	5	6	7	Total
									Col. 8
Love	Row A								
Joy	Row B								
Peace	Row C								
Patience	Row D								
Kindness	Row E								
Goodness	Row F								
Faithfulness	Row G								
Humility	Row H								
Self-Control	Row I								

Behavior Action Examples

The Fruit of the Spirit <i>Galatians 5:22–23</i>	
Behavior	Ways to Display
Love	<ul style="list-style-type: none"> • Send someone a personal note and express genuine concern or thanks. • Spend quality time with a family member or friend.
Joy	<ul style="list-style-type: none"> • Laugh like no one is watching. • Cherish your time doing what you love.
Peace	<ul style="list-style-type: none"> • Meditate on God’s Word. • Spend time in nature and feel serenity.
Patience	<ul style="list-style-type: none"> • Listen with the intent to understand. • Appreciate the value of the journey.
Kindness	<ul style="list-style-type: none"> • Randomly help a stranger. • Volunteer your time or resources.
Goodness	<ul style="list-style-type: none"> • Recognize a positive trait in another. • Do the right thing when no one is looking.
Faithfulness	<ul style="list-style-type: none"> • Study the Word of God. • Glorify God for what he has done and will do for you.
Humility	<ul style="list-style-type: none"> • Put someone else’s needs before your own. • Thank God for the resources you have.
Self-Control	<ul style="list-style-type: none"> • Do not react negatively to others. Hold your tongue. • Choose to eat foods to promote health.