



FAITH IN *Action*



TODAY'S ACTION ITEMS

List THREE small actions you can take to fight your fears today. Take a look at what you've been procrastinating on and tasks that are important and time sensitive. Keep it simple and list activities that take 10-15 minutes. Make the call. Send the e-mail. Book the appointment. Focus on progress and don't overwhelm yourself!

1

2

3



A MOMENT

of Faith



WRITE ABOUT YOUR WEEK

What fears did you overcome this week?

List any prayers answered, good news you received, tasks finished, or accomplishments.

Remember the happy memories and people that made you smile.

Describe your favorite moments from this week.
