

FEAR Confessions

JOURNAL ABOUT YOUR FEARS

Are you procrastinating on certain projects?
Do you feel threatened by something or someone?
What are you dreading about today?
Who do you wish to avoid? Why?
Describes what worries you most about today:



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!









A MOMENT

of Faith

WRITE ABOUT YOUR 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.