

1 Prayer Challenge:
Set Aside 1 new time for prayer each day.

2 Sacraments Challenge:
Take a few short minutes to reflect on the day. Journal about it.

3 Virtues Challenge:
Make 1 conscious act of gratitude each day.

Learning Challenge 4
Try to learn 1 new thing about the Faith each day.

Sharing Challenge 5
Share 1 good faith quote or resource on the Faith.

Service Challenge 6
Make 1 small act of kindness for the benefit of others daily.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP1

Follow the **6 Principles Challenges** from this month's **Be Not Afraid Family Hour**® and **check off the boxes** for the challenges you take on each day to see how often you make progress.

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