

1 Prayer Challenge:
Take time to listen in prayer, instead of just speaking.

2 Sacraments Challenge:
Allow yourself to be vulnerable in confession.

3 Virtues Challenge:
Forgive & pray for a person who has wronged you everyday.

Learning Challenge 4
Learn more about the message of Divine Mercy.

Sharing Challenge 5
Share your experiences without judgment or prejudice

Service Challenge 6
Do random acts of kindness in everyday life.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP11

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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