

**1 Prayer Challenge:**  
Make your Marian Consecration as a family.

**2 Sacraments Challenge:**  
Offer up your suffering in union with Jesus & Mary at mass.

**3 Virtues Challenge:**  
Recite prayers of trust as often as 3x a day.

**Learning Challenge 4**  
Look up the Church's recommended books on Mary.

**Sharing Challenge 5**  
Use perspective & empathy when you speak to others.

**Service Challenge 6**  
Share your family's distinct gift & personality for the benefit of others.

# Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP13

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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