

**1 Prayer Challenge:**  
Start the day offering up your triumphs and sufferings to God.

**Learning Challenge 4**  
Talk about how to defend the faith when challenged.

**2 Sacraments Challenge:**  
Share your gratitude with Jesus in adoration after mass.

**Sharing Challenge 5**  
Pray together with someone in the moment instead of later.

**3 Virtues Challenge:**  
Brainstorm virtuous responses to imaginary situations.

**Service Challenge 6**  
Volunteer or donate to a ministry that serves the poor.

# Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP15

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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