

1 Prayer Challenge:
 Dispose yourself to 30 days of quiet prayer - first thing in the morning.

2 Sacraments Challenge:
 Before you enter the church for Mass, remove all worldly distractions from your person, such as electronic devices.

3 Virtues Challenge:
 Be aware of the ways you are negative in your thoughts or words about another person.

Learning Challenge 4
 Read the Catechism of the Catholic Church #214 & contemplate the image of Jesus or one of the saints.

Sharing Challenge 5
 Share with someone an experience, retreat, or book that was instrumental in your Faith journey.

Service Challenge 6
 Pick one of the corporal works of mercy to focus on, and act on it.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP17

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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