

1 Prayer Challenge:
Stop and give thanks to God when you feel His influence.

2 Sacraments Challenge:
Cherish your prayer time after receiving our Lord in the Eucharist.

3 Virtues Challenge:
Meditate on how you can exceed the expectations of your family.

Learning Challenge 4
Set aside time each week for passing on your faith.

Sharing Challenge 5
Invite at least one new person to faith event.

Service Challenge 6
Find one way to give more of yourself.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP2

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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