

- 1 Prayer Challenge:**
Sanctify your daily suffering by making a morning offering.
- 2 Sacraments Challenge:**
Fervently pray the Creed at every Mass with renewed focus.
- 3 Virtues Challenge:**
Empathize with those suffering instead of focusing on your own.

- Learning Challenge 4:**
Rediscover your consecration by reading John 17.
- Sharing Challenge 5:**
Intentionally strive for excellence in your daily tasks..
- Service Challenge 6:**
Seek meaningful interactions when serving others..

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP3

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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