

1 Prayer Challenge:
Invoke the name of Jesus as a small prayer.

2 Sacraments Challenge:
Make a good examination of conscience and confession.

3 Virtues Challenge:
Be open to sharing your story.

Learning Challenge 4
Seek community support for any private struggle weighing on you.

Sharing Challenge 5
Start a conversation with someone new, sharing God's love.

Service Challenge 6
Sympathize with the weaknesses of others--instead of getting frustrated.

Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP4

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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