

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

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

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

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

**3 Virtues Challenge:**  
Be open to sharing your story.

**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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