

**1 Prayer Challenge:**  
Commit to 1 long and many short prayers every single day.

**2 Sacraments Challenge:**  
When in confession, have a firm purpose of amendment.

**3 Virtues Challenge:**  
Visit a ministry that serves those marginalized by society.

**Learning Challenge 4**  
When questioned about the Faith, find the answers.

**Sharing Challenge 5**  
Live the joy of Christ out loud, drawing others to God.

**Service Challenge 6**  
Use one of your gifts in service.

# Life is a Journey of Growth

TRACK THAT GROWTH EVERY DAY - EP 6

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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