



**I WILL CREATE MARGINS FOR REST & SABBATH TO BUILD MENTAL STRENGTH.**

- I will build time for God in my schedule by \_\_\_\_\_
- I will create margins to limit my schedule by \_\_\_\_\_
- I will reduce the noise in my life to hear from God by \_\_\_\_\_

**I WILL LET GOD SHAPE MY THOUGHTS ABOUT MYSELF**

○ I will repeat these soundtracks in my mind until they become automatic:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I WILL FACE CHALLENGES AND DO HARD THINGS TO BUILD PERSEVERANCE, FAITH AND MENTAL STRENGTH.**

- When life gets hard, I tend to \_\_\_\_\_
- When life gets hard, I will face it by \_\_\_\_\_
- To get better at doing hard things, I need \_\_\_\_\_

**I WILL GROW STRONGER BY BUILDING THE CIRCLE OF PEOPLE AROUND ME**

- Who are the friends who I need to limit their influence in my mind?
- I will take this step at church to begin to develop a circle of support: \_\_\_\_\_

