

MY PRACTICE PLAN

START DATE: 8/25/25 END DATE: 12/5/25

THE PRACTICE I'M CHOOSING TO WORK ON IS: Prayer

SPECIFICALLY, I'M GOING TO: take the first 5 minutes of my day
to invite God into my heart and mind

TO PRACTICE THIS, I HAVE TO REARRANGE MY LIFE AND REMOVE: staying up late
and replace it with setting an earlier alarm

THIS IS WHO I'M GOING TO ASK TO HOLD ME ACCOUNTABLE: Steve