

# HABIT TRACKER

#1



#2



#3



Hard isn't the same as bad.

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Every good story has ups and downs.

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One day you'll say,  
"I can't believe I made it through that."

# HABIT IDEAS

- Go to sleep before 11 pm
- Gratitude (journal, thankful text, 5 min timer and pray)
- Exercise or stretch (10 mins to start?)
- Time outside
- Make your bed
- 5-10 second hug
- Take a break from alcohol, fast food, Hulu, Instagram, true crime podcasts, or anything optional that makes you feel a little yucky

SEE THE AUG 1 POST ON [FAMILYSRIPTS.COM](http://FAMILYSRIPTS.COM)



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Maybe you're becoming more valiant  
than you even knew you wanted to be.

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There are unique joys in this season.