



HEALTH KIT

HEALTHY ME LEADS TO HEALTHY EVERYTHING

START THE DAY

"LOVED TO LOVE"

1 THANK GOD
3 THINGS I'M THANKFUL FOR

2 REMEMBER
WHO YOU ARE IN JESUS
(IDENTITY, WORTH)

3 PRAY
5 MIN MEDITATE & PRAY

4 WORD & WORSHIP
READ/LISTEN BIBLE,
WORSHIP SONGS

5 GO LOVE
ONE LIFE AT A TIME