Burnout to Brilliance

Day 4 Journal Prompts

One Thing I V	Vill Commit To Do	oing For Physic	al Prevention Is	
5 Things I Lo	ve About My Bod	y Are		
NA-La - List F		A = 1 = = + =		
Make a List b	Below of Positive	Aspects:		



f My Body Could Tell Me One Thing. It Would Say Things I Commit To Asking For Help With Are Make Your Faith a PRIORITY. Check Off Each Box For The Days You Reflect. Meditate or Pray.											
Things I Commit To Asking For Help With Are Make Your Faith a PRIORITY. Check Off Each Box For The Days You											
Things I Commit To Asking For Help With Are Make Your Faith a PRIORITY. Check Off Each Box For The Days You											
Make Your Faith a PRIORITY. Check Off Each Box For The Days You	f My Body	/ Could	Tell M	1e One	e Thing	g, It Wo	ould S	ay			
Make Your Faith a PRIORITY. Check Off Each Box For The Days You											
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