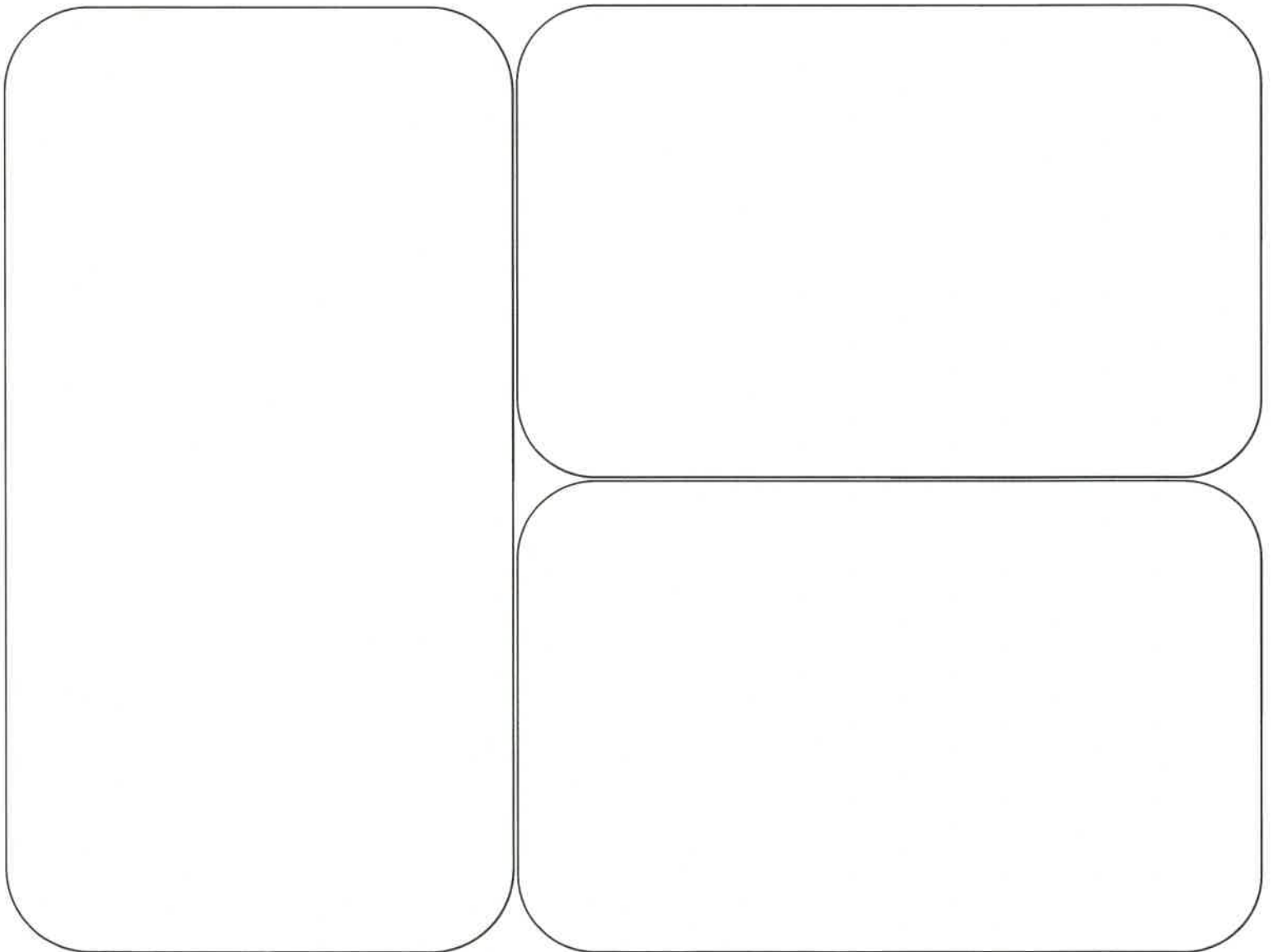




# Blessed

- Step 1: Watch "The Power of Great Habits" video.
- Step 2: Complete the following activity.
- Step 3: Together complete the prayer on the back.

**Draw yourself doing 3 habits that will help you become the best-version of yourself.**



# My Little Prayer Process

- 1 Thank God for whomever and whatever you are most grateful today. List what you are grateful for.

---

---

---

- 2 Think about today. Talk to God about the times when you were and were not the-best-version-of-yourself.

- 3 What do you think God is trying to say to you today? Talk to God about that.

- 4 Ask God to forgive you for anything you have done wrong and to fill your heart with peace.

- 5 Talk to God about some way he is inviting you to change and grow.

- 6 Pray for the other people in your life by asking God to guide them and watch over them. List those you are praying for.

---

---

---

- 7 Pray the Our Father.