

crit

go one more.

WRITE DOWN YOUR GOALS

PHYSICAL :

SPIRITUAL :

PERSONAL DEVELOPMENT :

☐ PHYSICAL 1 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 2 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 3 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 4 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT
☐ PHYSICAL 5 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 6 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 7 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 8 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT
☐ PHYSICAL 9 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 10 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 11 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 12 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT
☐ PHYSICAL 13 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 14 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 15 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 16 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT
☐ PHYSICAL 17 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 18 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 19 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT	☐ PHYSICAL 20 ☐ SPIRITUAL ☐ PERSONAL DEVELOPMENT

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why grit?

Creating disciplines can have a huge impact on your life. When these disciplines are beneficial to your spiritual health, physical health, and personal development, you actually see the effects trickle down into other parts of your life. During our series, "GRIT", we are talking about making positive changes, pushing through when things get hard, and being all-in!

For 52 days, we want you to choose three disciplines to do every day. We encourage you to choose one for each of these areas: spiritual, physical, and personal development. Choose something challenging that will help you grow.

Share your daily progress on social media by tagging **@rocky.church** and using **#rockygritchallenge**. We can't wait to see the positive impact this makes in your life!

You can also **text GRIT to 97000** and opt-in to receiving motivational text from us!

goal ideas

physical: walk a mile; cut out sugar/soda/caffeine; get outside; sleep 8 hours; drink a gallon of water

spiritual: read a chapter in the Bible; learn to pray; start a Bible study plan; write in a gratitude journal; study the Pursuit Journal

personal development: read 10 pages; listen to a podcast; write thank you cards; be "others focused"; have one intentional conversation; ask "how can I help?"