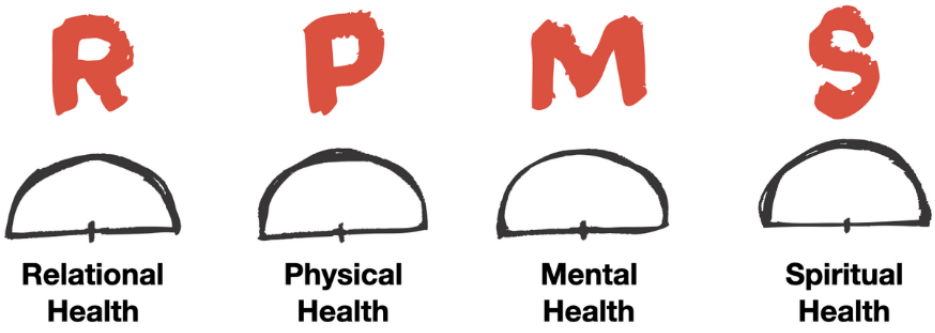
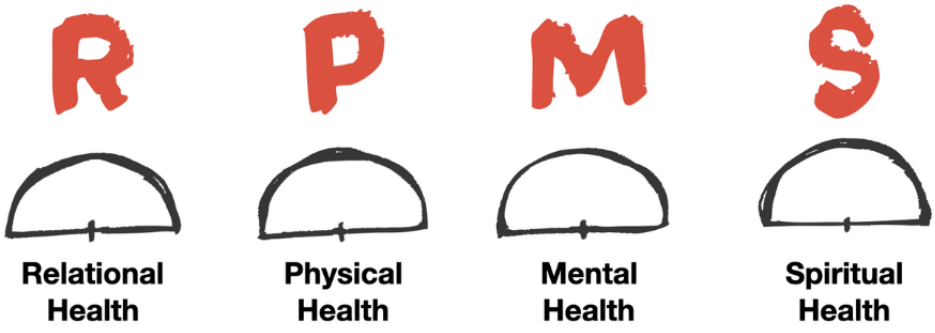
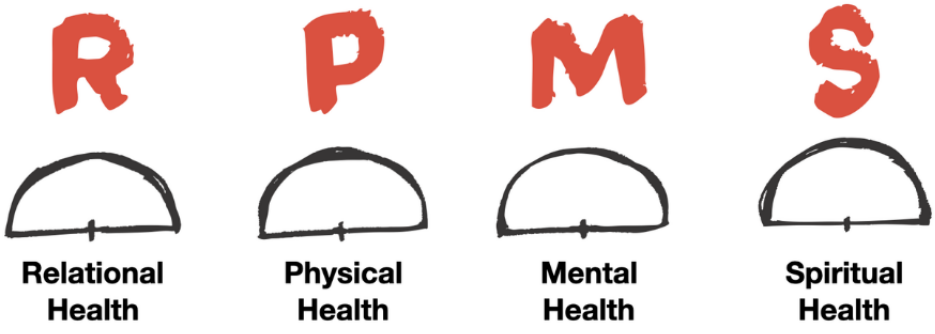
EXAMPLE



DAY 1



DAY 2



REFLECT ON THE RPMS:

RELATIONAL: Are my closest relationships life giving? Who needs more of my time or attention?

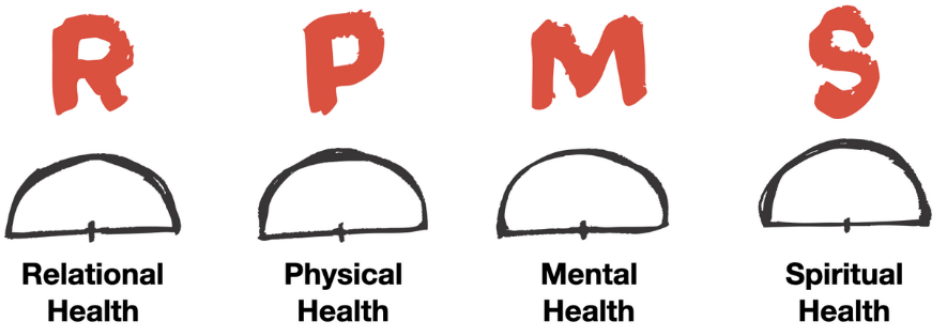
PHYSICAL: Am I eating well, exercising, and getting enough sleep to feel energised?

MENTAL: Am I guarding my mind? How am I feeling? Am I dwelling on what's true and good?

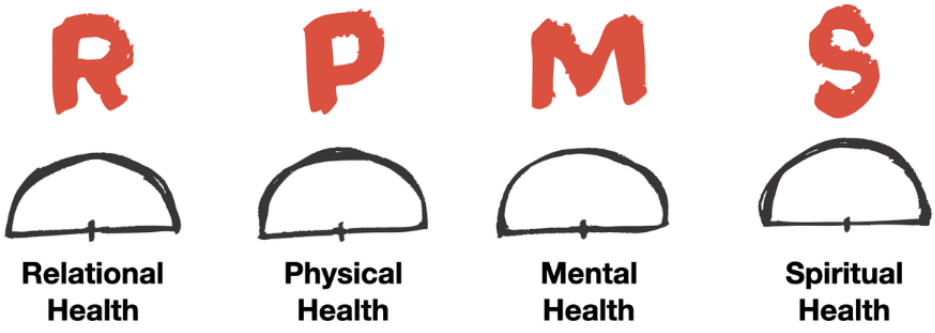
SPIRITUAL: Am I hearing from God and responding with obedience? Am I living on Mission?

THE INNER LIFE

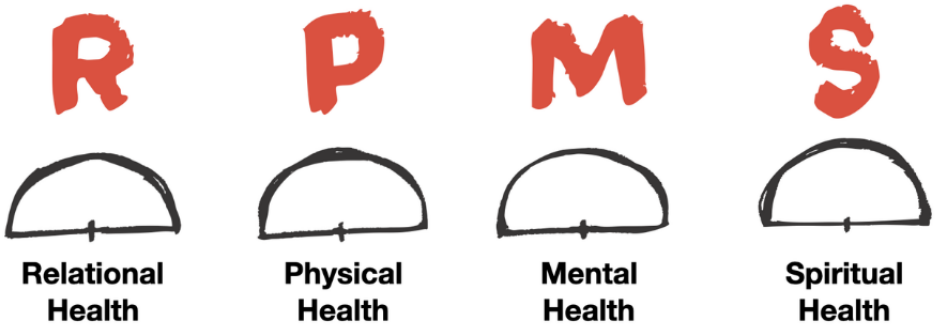
DAY 3



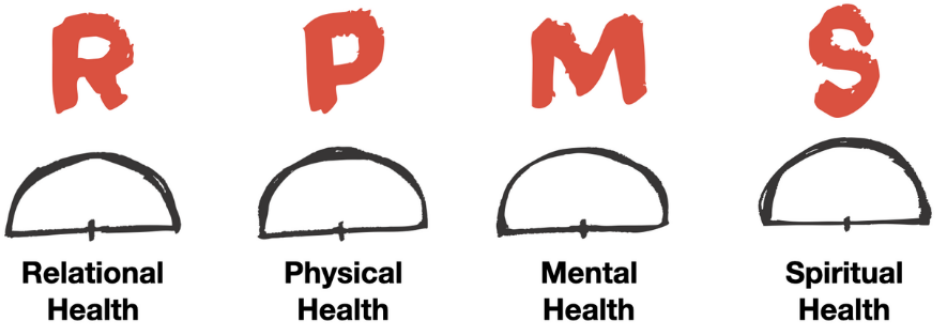
DAY 4



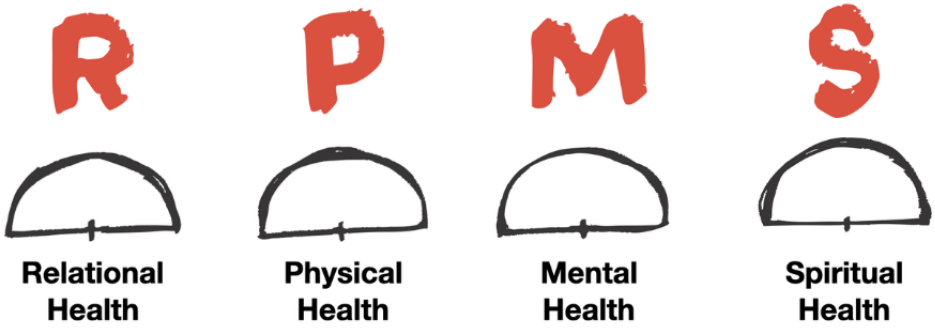
DAY 5



DAY 6



DAY 7



THE INNER LIFE