

# SEIZE THE SUMMER

## 2019

### "SUIT UP" DAILY

Make a daily routine or list of daily practices (nonnegotiables) you need in order to become the version of yourself that God created you to be. Ex. *Daily time in prayer before anything else.* Read the June book of the month *I Declare War* for inspiration.

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Keep track of the days when you accomplish your daily practices from above.

S	M	T	W	H	F	S

### THIS WEEK

Pick one of the Seize the Summer challenges to accomplish this week. Visit [www.ffnaz.org/summer](http://www.ffnaz.org/summer) for ideas.

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Share your intentions to grow in your faith with someone who will champion your progress and hold you accountable to your goals.

**CHAMPION:** \_\_\_\_\_

### PROGRESS

Note changes as you recognize them. Your discipline will pay off. The impact could be eternal. Don't forget to celebrate it!

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