

Think H.O.P.E. Every Day!

This four step formula helps you find balance between caring for your heart, thinking truth, finding purpose and enjoying a changed life.

STEP 1 - HEAL

- Do I trust God with _____?
- Do I choose fear or hope in _____?
- I need to forgive _____
- Today, I am putting my expectations in Jesus regarding _____

STEP 2 - OVERCOME

- This is my True Identity: _____
- My first thought of the day: _____
- Is it truth or a lie? The truth is _____

STEP 3 - PURPOSE

- How can God use me today because of my past, not in spite of it?

- What is the dream God has put in my heart?

STEP 4 - ENJOY

- Today I will take a JOY BREAK and find joy in _____

You completed your daily H.O.P.E. check-up from the neck-up!