

# 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!**