

Going Gets Tough Plan

Directions: Fill out the following categories. Read when things are getting hard!

Who can you call or text for support/prayer?!

- 1)
- 2)
- 3)

What are your top three Bible verses to READ OUT LOUD?!

- 1)
- 2)
- 3)

What are your current DECLARATIONS/TRUTH STATEMENTS – Read them out loud!

- 1)
- 2)
- 3)

<i>Self Care</i>	<i>Inner Child Therapy</i>	<i>Get Out of The House!</i>	<i>Jesus Ideas</i>	<i>You Pick!</i>
Paint nails Bubble bath Face mask Manicure/pedicure Funny You-Tube Videos Do your make up! Read Listen to MUSIC! Put on a cute outfit! Just. Sit. And. Breathe. Take a nap Watch a movie Burn a candle Sleep In Art Stuff Dance	Journal Go to the playground and PLAY! Childhood snack/treat! Swing! Childhood movies Just PLAY! Go to a kids store! Play dough/silly putty Read a childhood book Buy a toy	A Coffee Shop Bookstore The Park Go Outside! Library The Beach A Walk The Zoo	Secret Place Ideas Pray Read the Word Journal to Jesus READ PSALM 91 OUTLOUD Worship Thankfulness PrayerWorks Watch Sermons on You Tube Elijah List	