

GROUNDING SKILLS LOG...

Repetition is the mother of all mastery and skill.

—John Marquez, *The Ultimate Journey*

SKILLS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
EATING							
SLEEPING							
EXERCISING							
AFFIRMING							
BELONGING							
SETTING BOUNDARIES							
SPEAKING THE TRUTH IN LOVE							
PRAYING							
READING							
LISTENING TO GOD							
BEING MINDFUL							
PRAYER JOURNALING							
ACCEPTING							