



BOOST CAMP CHALLENGE LOG

31 days of putting positive words, and godly attributes, into practice for better overall health...Scientific studies show it *really* works!

Jot down the word of the day and your initial thoughts and reactions to it, after watching the video. Then, come back at the end of the day and note any results of recalling and implementing this word into your day.

How did it affect your overall day?

Did you feel a spiritual **BOOST**?

Were some days harder and what were the results if you persevered?

Did you do the accompanying Bible study linked below the video?

Any other significant things happen because of focusing and practicing this godly attribute?



My *Spiritual Boost* word for today is...

1. _____

2. _____

3. _____

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31. _____

YOU DID IT!



So...let us know how it went - email us your results at:
wholewheatonline@gmail.com

We may use your comments or feedback anonymously to help others get
boosting! **Keep going for God...you're on a roll!**