Planting: Fertile Ground FILLING OUR LIVES WITH WHAT MATTERS

Make a list of the last ten books you've read. What book in the past few years has most influenced you and why. What are the barriers you have to reading more?



Take a list of books here or in your bullet journal that you want to read and make sure you have the first few on hand . Take them with you everywh nd sneak in a page or two whenever you can. Read a few pages after you bullet journal in the mornings and read for 10-15 minutes at night!	ıere

Journal your food intake for two days and see what small tweaks you can make to eat less processed food. If you think about your "intake" what would you say is your weakest area? Physical? Spiritual? Mental? Work on that area first, making small tweaks to your life. Remember, we're not making changes to be proud of ourselves, but so that we can do what God has called us to do with more energy, clarity, and passion!

