My Seven (7) Spiritual Strength Exercise Schedule -

Name: ______

| | Daily | Weekly | Biweekly | Monthly | Quarterly | Semiannually | Annually | Irregular |
|--|-------|--------|----------|---------|-----------|--------------|----------|-----------|
| Exercise 1: Time w/ Positive, Encouraging Others | | | | | | | | |
| Exercise 2: Time Outside in Nature; Wilderness Experience | | | | | | | | |
| Exercise 3: Reduce Distractions; Disconnect from Media, Phone, Social Platforms | | | | | | | | |
| Exercise 4: Check Your Negative Thoughts about Others; positive energy sends | | | | | | | | |
| Exercise 5: Choose Faith over Fear - Live in Faith; identify fear out loud; pray | | | | | | | | |
| Exercise 6: Be of Service to Others; Look for Opportunities to Assist, Aid, Lend Service | | | | | | | | |
| Exercise 7: Habitual Prayer or Meditation with God - Talk & Listen | | | | | | | | |