

A – Act: Turning Intention Into Action

Step into your goals by acting “as if.”

1. What is one small action I can take this week that reflects the person I want to become?

2. What next step have I been avoiding, and how can I start it “as if” I already have it going on?

3. What emotions might try to stop me from acting? How can I detach from those feelings and refocus?

4. What habits or routines can I put on autopilot to make progress easier?

5. How can Philippians 4:8 help me keep my mind focused and steady?

6. Who can support or encourage me as I take these steps?

Take a moment to reflect or write a prayer about your commitment to act faithfully.
