

FIND BREATHING ROOM WITH YOUR \$

#adulting



Guide's Workbook

Session 4

FIND
**BREATHING
ROOM** WITH
YOUR **\$**
#adulting

Session 4 **Everyday I'm Hustlin'**

Get a Side Hustle. Get Generous.

#makingmoneymoves

Cutting expenses has its limits. We all need a home, food, and a magical pocket rectangle that houses our emojis. But regular incomes have certain limitations too. Fortunately, we live in a time unlike any other. There are more opportunities than ever to make extra money. From Uber to Craigslist. Etsy to AirBnB. Today's world is a Choose Your Own Additional Income Adventure, and all you have to do is leverage assets you already possess.

Materials Needed:

- Extra pens or pencils for participants who don't have one
- Participant Workbooks (includes Work From Home assignments)
- Ground Rules of Engagement sheet
- TV, Laptop, or iPad/tablet screen to play video links

Session 4 At A Glance

- | | |
|---|---|
| <input type="checkbox"/> Check-in with financial goal progress and reducing costs | <input type="checkbox"/> Couples discuss side hustle ideas together |
| <input type="checkbox"/> Play Video 1: Generosity and Community | <input type="checkbox"/> Encourage couples to identify steps to get started and take action |
| <input type="checkbox"/> Gaps & Gifts Activity | <input type="checkbox"/> Group Discussion Questions |
| <input type="checkbox"/> Group Discussion Questions | <input type="checkbox"/> Record Breathing Room gained |
| <input type="checkbox"/> Play Video 2: Side Hustles | <input type="checkbox"/> Work From Home Assignments |

GOD'S MONEY STORY

God's Money story is simple. Everything is a gift from God and Christians are called to be good stewards of those gifts. We'll continue to reflect on "What does this mean for me?"

SECTION 1: GETTING STARTED (10 MINUTES)

GROUP DISCUSSION

Facilitator Notes: Welcome the group, ask how their weeks went, etc. Once everyone gets situated, you can start asking about the Work From Home assignments (see questions below). Couples can write down their answers on their worksheet.

Ground rules reminder:

Facilitator Notes: Remind the group of the Ground Rules of Engagement. You don't need to read through the rules again, but remind the group to keep them in mind during your discussion time together. We recommend printing out the Ground Rules and placing them in a location where the group can see them.

Section Description: Check in with each other on comparison shopping, reducing costs on needs, and financial goal progress.

Reflect on the financial goal you set back in Session 1. How are you progressing as you create more Breathing Room in your life? What challenges make progress difficult?

SECTION 2: GOD'S GENEROSITY & COMMUNITY (5 MINUTES)

GROUP VIDEO LESSON | DISCUSSION

Facilitator Notes: Play the video. If you'd like to highlight anything from the video, you can refer to the video script below.

Section Description: You probably hear someone say, "It's all about relationships," at least once a day. But it never stops being true. Because we're built for community. Community requires us to think and act outside of ourselves and to generously provide for the good of others.

Facilitator Notes: We'll take a moment now to watch a quick video.

Play Video

<http://bit.ly/br-eight>



Video script provided below for reference:

In the first century, the early Christians started the most significant cultural and historic movement in history. A significant piece that is often overlooked is that earlier followers of Jesus did very little without the help of their community. Perhaps there is no other story in Scripture that outlines the explosion of this community more than the book of Acts.

There we'll find that Christians felt a responsibility to care for each other with food, homes, prayer, and teaching. The Bible says they did that with glad and sincere hearts. We imagine these early communities provided security against unexpected events and they provided for one another when times were tough.

It says in Acts 2: "They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved" (Acts 2:42-47 NIV). The goal is to explore how God's community plays a role in protecting and providing for our family and friends. We also say that generosity is more than just giving money away; it's what we do to strengthen our communities. Scripture speaks about generosity as being an overflow of the human heart.

Proverbs 11:24 (NIV) says: "One person gives freely, yet gains even more; another withholds unduly, but comes to poverty."

How does financial generosity make your world bigger? How does financial generosity expand your heart? Can we use money to increase our capacity to love each other? Can we use money to increase our capacity to love the world? Can we use money to increase our capacity to love God? How do these acts of generosity improve your relationship with money? How do acts of generosity improve your relationship with your spouse?

Generosity is so much more than giving away money. As we continue, we're going to now explore generosity. It's really important that generosity is seen more than simply a financial practice. It involves the giving freely of our time, energy, wisdom, and even our experience.

Facilitator Notes: Transition to next section.

SECTION 3: GAPS & GIFTS (15 MINUTES)

COUPLE BREAKOUT | ACTIVITY | DISCUSSION

Facilitator Notes: Ask the group to turn to the Gaps and Gifts worksheet. Read through the instructions below with the group. Then have couples breakout to work through the activity together. Hand out pens to anyone who needs one.

Section Description: To be our best generous selves, we must know where needs are and what we have to offer as help. This activity will help you understand your community. To see its gaps and discover what gifts you have to fill them.

Gaps & Gifts. It's not the name of a new trendy bar with mustachioed bartenders and industrial lighting. It's the worksheet on the next page. Turn to it. Each of you should choose a symbol – like a ♥ or ☆ — to represent your selections during this activity. Take turns selecting Gaps (opportunities to give back in your community) on the top row and Gifts (what you have to offer) on the bottom row by writing your symbol next to the word. Try to select six gaps and six gifts.

Start at the top. Don't overthink. If something tugs at you, mark it. Each symbol you write is a way for you to identify what resonates with you – ways you instinctively want to help bring more healing, wholeness, and joy to the world. If there's a gap not listed, you can also write it in.

The bottom row shows various expressions of generosity (or gifts), along with some examples of how each gift could be expressed in the world. They're arranged in categories (Time, Ticker, Talent, and Treasure), but feel free to write your symbol on a specific item. There are also spots for you to write in a gift not already listed.

Once you've finished selecting what gaps and gifts resonate with you, share with your partner. Explain why you chose what you did. Then, switch it up. Let your better half share theirs. **Afterward, answer these questions:**

1. In what ways are you as a couple aligned on gaps you see and gifts you can give?
2. Talk about budget or time adjustments you might make in order to create space/time to offer your gift.

Gaps

Poverty

Loneliness

Hunger

Illness

Addiction

Inequality

Slavery/Trafficking

Leadership

Veterans

Environment

Need for Creativity

Violence

Children/Youth

Spreading the Word

Arts

History

Education

Animals

Abuse

Gifts

Time

Volunteer
 Providence
 Childcare
 Coffee with a Friend
 Pray
 Real Presence
 Favor/Tasks
 Clean

Ticker

Listening
 Patience
 Forgiveness
 Grace
 Encouragement
 Gratitude
 Consume Less

Talents

Cook Meals
 Teach
 Build or Repair
 Care for the Sick
 Create
 Mentor/Coach
 Organize Events

Treasure

Donate Items
 Share Abundantly
 Help Anonymously
 Give Money
 Sponsor a Child
 Open Your Home
 Be a Donor

SECTION 4: HOW'D THAT GO? (10 MINUTES) | GROUP DISCUSSION

GROUP DISCUSSION

Facilitator Notes: After each couple has selected and discussed their Gaps and Gifts, bring the group back together and ask the following discussion questions.

Section Description: Let's discuss. Make your gifts known. Talk about the gaps you've thought of and help the group understand them. Think of any stories you have that bring your gaps and gifts to light.

Discussion Questions

1. Talk about a time you were asked to give money to a friend or family member's cause or organization. Did it make you feel closer to that person or more distant?
2. Where have you seen acts of generosity make communities stronger? Give an example of a community that you belong to that relies on generosity.
3. Share one of your spouse's gifts and how you see it in action.

YOUR MONEY STORY

Look within to align your values and spending needs with God's Money Story, so you can create your own money story informed by your faith, heart, and habits.

SECTION 5: SIDE HUSTLES (5 MINUTES) | GROUP VIDEO LESSON

GROUP VIDEO LESSON

Facilitator Notes: Play the video to find out more about the benefits of side hustle income.

Section Description: Hustle more, make more, give more. What is one thing we can do to increase your income? To hold a garage sale, drive Uber, babysit, furry babysit, etc. You have choices galore.

Play VIDEO

<http://bit.ly/br-nine>



Video script provided below for reference:

We have devoted a lot of time and energy to talking about breathing room - and we've focused on spending less than we make. But when it comes to finding breathing room with money, there is another side to the coin. In addition to spending less than we make, we may also choose to make more than we spend. It's the same truth, said a different way, and sometimes making a little extra money can go a long way.

So let's talk about side hustles. There are many examples of side hustles - everything from driving for Uber and Lyft to creative pursuits. Regardless of what you may choose, there are many benefits to a side hustle. For instance, a side hustle can help you save money. The time we put into a side hustle is also time that we aren't tempted to make purchases that are unplanned or a little hasty. Side hustles are also a great way to build skills, expand our networks, and try new things. So if taking on a side hustle is something that you have time and energy for, and if it will help you create a little more breathing room, we invite you to think about that possibility.

There is something fun about making a little extra money. Lastly, just a reminder - far more important than how much money we make is what we do with what we make. It really is a journey.

Facilitator Notes: Transition to next section.

SECTION 6: GET HUSTLIN' (15-20 MINUTES)

COUPLE BREAKOUT | ACTIVITY | DISCUSSION

Facilitator Notes: Ask couples to breakout to discuss this section with their spouse. Help them get excited about what side hustle income could do for them.

Section Description: Reflect on how a side hustle can give your family more financial breathing room. Explore side hustle options together. Review Gaps and Gifts worksheet. Reflect on your identified gifts and how those combined with your resources can be used to create income.

What first jumps out to you about a side hustle? Does it sound exciting? Tiring? Do you even know where to start?

What would making extra income make possible for you? Think about your personal money goal or foundational money plans (like building your emergency fund).

Picture yourself making extra income. What is the minimum amount per month that would make an impact on your budget?

- \$100
- \$500
- \$1000
- Other _____

We all have resources that could be used to make money, what are some of the resources you have that you could leverage? Select all that apply:

- A car
- An extra bedroom
- An extra home
- Extra time
- Extra energy
- Love for dogs

- Love for cats (hahahahahahaha, who loves cats?)
- Undefeatable rap battle skills
- Something you make (cross stitching, candles, creepy dolls)
- Tasks you're good at that could help others
- A skill you can teach others
- Unused stuff around the house

Which of the gifts that you identified in Section 3 could pair up with the resources you have available to you?

Here are a few ways to make a little money on the side.

- **Rent out a room.** Your vacant guest room could be a moneymaker. Websites like [Airbnb®](#) and [VRBO®](#) can help you rent out your extra space to vacationers and travelers looking for a place to stay.
- **Rent out your car.** Bike or take public transportation to work while you rent your car on [Turo](#) for the week. It's an easy way to make \$40 a day.
- **Get paid to drive.** If you have some extra time and a reliable vehicle, get paid to be your own taxi service through companies like [Uber®](#) and [Lyft®](#), or deliver food through Door Dash and [BiteSquad®](#).
- **Perform chores or home repairs.** Using [TaskRabbit®](#), you can help people with not enough time and a little extra money do chores like cleaning, grocery shopping, and home repairs.
- **Pet or house sit.** Assuming you're a reliable person (it's not like we did a background check or anything), you can get paid to look after things other people cherish the most. Check out websites like [TrustedHousesitters®](#), [House Sitters America®](#), and [Rover®](#) to connect with people in need of some kind of sitter.
- **Complete surveys.** One thing to keep in mind is that your knowledge and individual feelings are like gold – they're always valuable. Businesses spend tons of time, energy, and money trying to understand people like you. Leverage your opinions and motivations by taking surveys. With companies like [Swagbucks](#) and [OpinionPost](#), you can get paid by just being an honest human.

SECTION 7: DOING WORK (5 MINUTES)

COUPLE ACTION

Facilitator Notes: Help couples decide which actions they will take first to get started on their side hustle. Encourage them to try something specific, knowing that if it doesn't work out, they're not locked in and can try something else instead.

Section Description: Make a list of the first five things you will do to start a side hustle.

Identify the first 5 things you will do to get started. They can be high level

1. _____
2. _____
3. _____
4. _____
5. _____

Here are a few suggestions:

- Decide what side hustles you want to explore
- Create a monetary goal for extra income during the first month
- Go through the signup process (Uber, Lyft, AirBnB, etc)
- Set up a landing page (Etsy, Wordpress, etc)
- Pick up an application
- Set up an account

SECTION 8: HALFTIME ASSESSMENT

INDIVIDUAL ASSESSMENT | DIGITAL

Facilitator Notes: Whew! We're halfway and what a ride. I don't know about you, but I'm breathing a little easier. Let's take a few minutes to check-in, reflect a little bit, and think about what's next.

Journeyer Assessment Link: <http://bit.ly/br-ten>



Guide Assessment Link: <http://bit.ly/br-eleven>



SECTION 9: LET'S ALL TALK

GROUP DISCUSSION | SCOREBOARD | GROUP CHALLENGE | GOODBYE

Facilitator Notes: After couples have decided on their side hustle next steps, open up the time for group discussion. Discuss the questions below.

Section Description: Come back together and hear how side hustle prep is going for everyone.

1. How does starting a side hustle feel? Exciting? Difficult? All of the above adjacent?
2. What ideas did you come up with for your side hustle? How will you use extra money to bless others?
3. Does anyone want help in deciding or brainstorming a tangible plan for their side hustle?
4. Is anyone already working on a side hustle? What is it? Any hot tips or insights you can share with everyone else?

Challenge (5 minutes)

Facilitator Notes: Read through the Challenge together as a group.

Section Description: Take this session with you and take action.

The sun rises, the sun falls, and side hustles force you to step outside your comfort zones. It's

Everyday I'm Hustlin'

Work From Home Assignments

basically guaranteed. But with the ideas in this workbook, all you're really risking is the effort to give them a shot. No biggie. Nudge yourselves forward to open up a new experience and generate fresh income for your family.

Pretty soon you're gonna have to build another room to make room for all this Breathing Room. At the end of each session, pause to record how much Breathing Room you've gained. Record how much you're saving (or making) in the box below, and see your progress come to life.

Total Breathing Room To Date

\$	\$	\$	GOAL
Getting Wise With Money	Keep it 100	Needs Shmeeds	Everyday I'm Hustlin'

Facilitator Notes: The Work From Home assignments are an additional resource to help couples continue this conversation at home. Encourage couples to make time and plan space to work through the Work From Home assignments together during the week.

It's A Wrap!

Facilitator Notes: Congratulate couples on Finding More Breathing Room with their Money. Encourage couples to keep having money conversations and to remember the Ground Rules of Engagement. Encourage couples to stay aligned with their values and to continue to find more breathing room to fuel movement toward their goals.

GUIDE EXPERIENCE CHECK-IN: POST SESSION 4

DEBRIEF ON THE DRIVE HOME

Acts 20:28 says "Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood." Being entrusted with a group of His beloved can at times feel overwhelming, but ultimately reaps great reward. When speaking with small group participants, we have heard that they often 'see Jesus in their guides. Start to consider what your time as a small group guide in this season has cultivated in your life. Gratitude? Empathy?

1. What about this experience are you most grateful for?
2. What about your spouse are you most grateful for as you've journeyed through together?
3. What does it look like to practice creating breathing room in your life from here on out?
4. What are the parts of your life you hope to continue to make space for?

Thank you for caring about other couples' journey with money as they search for more breathing room.

Email or Text Reminder to Keep Them Hooked

Facilitator Notes: After each group session (within 2 days or so), send an email or text to your group to keep them engaged. A couple of things you can follow up on:

- A quick thank you for their participation this week
- Encourage them to keep working on their Work From Home and Extra Credit
- Remind them about the details of next session



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Session 4 **Everyday I'm Hustlin'**

Work From Home Materials

Everyday You're Hustlin'

Is it cramped in here or are you just flexing your entrepreneurial muscles? Feels good, eh? Our hope for this week's WFH is to add even more money per month. On top of what you've already created. Every bit counts and a few hundred bucks from your side hustle could pay for a nice date every month, a dream vacation, a future down payment, student debt relief, and a thousand other things. The whole point of value-based budgeting is to plan ahead for things you and your spouse care about. Your side hustle can get you to your future even faster. Which begs the question, if you get to your future faster, is it really the future at all? We don't know. We're in finance, not time science.

Coach Tip: How to Make Extra Cash

<http://bit.ly/wfh-coach-side-hustle>



If you have questions after a session or during your work from home, we have a team of coaches - advocates for you and your journey — who can answer questions via phone or email. Please don't hesitate. We know that in this journey we all can get snagged on little things. If we just had a coach we could reach out to, we could push past.

Call: 888-834-7431

Email: Welcome@Thrivent.com

Recommended questions for a coach

- How do I best leverage my side hustle to meet my financial needs?
- Where do I put them money from my side hustle?
- What side hustles are most effective for people?

SECTION 1. PICK A SIDE HUSTLE

There's seemingly a million options when it comes to picking a side hustle, so which one is right for you? We obviously can't pick for you, but if you answer these questions you'll have a better idea of what to try first.

1. How much extra time do you have to commit to your side hustle each week; 1 hour, 5 hours, 10 hours?
Be realistic and specific:
2. How much extra income are you hoping to gain each month?

3. Compare the amount of income you hope to gain with the amount of free time you have to commit; where the two intersect is a great place to start looking.
4. How excited are you about the idea? Is it already something you know a lot about?
5. Is there a clear path to your first customers or sales?
6. How much time will it realistically take to get off the ground? Do you simply need to fill out a quick questionnaire or is it a multi step process that could take days or weeks?
7. How much capital will it realistically take to get off the ground? Is it free to start or will you need to invest a little money upfront?

Still short on ideas? Check out sidehustleschool.com for specific instructions on 48 unique side hustles, take a look back at the list from your last session or try a few of these suggestions:

Sign up to be a secret shopper: As long as you know how to walk into a store, form an opinion, and answer questions, there are no special skills required. Earn up to \$25 per shopping trip. You pose like a regular customer. You pretend like you're shopping. (you'll probably be asked to make a purchase and get reimbursed later) Then you provide feedback to the company on things like how clean the store was or if the employees acknowledge your existence. [Best Mark](#), [Sinclair Customer Metrics](#), [Market Force](#), and [Intelli-shop](#), are sites to check out to get you going. Pro tip: NEVER pay to join a mystery shopping company. If they ask for a sign-up fee, walk away. Actually, run.

- **Make money while watching TV:** Companies like [UserTesting®](#) and [UsabilityHub®](#) pay you for offering thoughtful reviews of websites. [Upwork®](#) is a marketplace for freelancers of all types, and has payment methods that guarantee you get the money you deserve when the work is done. [Mechanical Turk®](#) is a website run by Amazon where you get paid for performing quick, simple tasks online. Granted, it's only a few cents per task, but with some streamlining, you could make a decent chunk o' change. You could also become an [Etsy®](#) seller or teach an online course via [Udemy®](#) or [YouTube®](#).
- **Get paid to get fit:** Sign up to become a dog walker through Rover or Wag. Similar to Uber or Lyft, dog owners can use their phone to request anything from short potty breaks to long hikes in the woods. If you're a dog lover that needs a little extra motivation to exercise, these opportunities could be perfect for you.

SECTION 2. A FEW QUESTIONS TO ANSWER BEFORE YOU GET GOING

1. What is your side hustle going to be? Be specific.

2. What steps are you going to take to actualize your side hustle?

SECTION 3. WHAT WAS THAT LIKE?

If at first you don't succeed, take a nap. Then try again. Your first attempt at a side hustle may not go exactly how you expect, but don't sweat. There are plenty of opportunities out there. Give it another shot or pick something new to try. Life is a menu at the Cheesecake Factory – you've got options. Many.

1. What was it like trying to accomplish your side-hustle goal?
2. Did you encounter obstacles? If so, what are they and how can you overcome them?
3. What are your next steps in reaching your goal?

NOTES

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Gratitude Journal

The satisfaction of attaining a goal is often short-lived. We achieve that goal to receive a promotion but we're quickly salivating over the next great job. Or, we buy our first home but almost instantly start pinning photos on Pinterest of the "next" or "dream" house. One way to do that is through practicing gratitude. However, that's not always so easy.

Have you struggled with living in the present? Stress, work and family responsibilities, and routine can trap us in a pattern of negative thinking that feeds on itself and creates more stress and unhappiness. This cycle can lead to other ailments, as well, including constant fatigue and even depression.

What are some things that keep you from living in the present? Think about your work, or the way in which you start your weekend and finish this sentence:

I start my day by:

- _____
- _____
- _____

As you developed your list, did you find yourself living in the moment? Why or why not?

Stress, work and family responsibilities, and routine can trap us in a pattern of negative thinking that feeds on itself and creates more stress and unhappiness. This cycle can lead to other ailments, as well, including constant fatigue and even depression. Finding ways to focus on the positive can help reprogram your thoughts and break this cycle.

Humans aren't necessarily wired for gratitude or positivity. It may be in fact a biological survival mechanism that we tend to notice the negative (which used to be for defense purposes, but now just makes us moody).

To deepen awareness of the gifts in the present moment, let's explore a 7 day gratitude journal. Here are some steps and best practices to get you started.

1. Choose your journal

What works best for you? Do you find that handwriting in a journal helps you slow down and connect with what you're feeling? Or do you prefer the instant materialization that typing offers? Decide on a format that works best for your needs and preferences, and use it consistently. You may also decide to decorate your journal in ways that remind you of your purpose or help you feel more positive:

- Attach or paste photos that make you happy on the cover or on random pages
- Draw photos that depict your positive feelings about the things for which you are grateful
- Write inspirational quotes or mantras in the margins
- Notate special anniversaries and write about why you are grateful for those events and people

2. Be consistent

Write in your gratitude journal every day, and preferably at the same time of day. If you'd like to start your day on a positive note, write in your gratitude journal after you eat breakfast. If you want to use your gratitude journal to reflect after a long and stressful day, write in your journal just before you go to bed. It is important to associate your writing with other key habits, as well. Even if you don't write at the same time, write in conjunction with the same activity. For example, you could write in your journal while taking the bus or train home from work, or after you've finished washing the dishes each night, or after you're done at the gym. Writing at the same time or in correlation with the same activity helps making it a part of your routine, which will help it more quickly become a habit

3. Write at Least 3 to 5 Things

Decide on a goal for how many things you'd like to express gratitude for each day, but be sure that it is no less than three to five. You can write your entries in a list or in small paragraphs, explaining why it is you are grateful for each. The key is to get in the habit of becoming aware of all the things in your life for which you have to be grateful. It may be hard to come up with three items in the beginning, but once you get in the habit, it will be easy to see the positive in all the things you do.

In the beginning, it may be hard to find things for which to be grateful, and you may be tempted to list things like “I’m grateful for my health.” While this is certainly something for which to be grateful, try to be more specific and focus on exactly why you are grateful. For example, instead of saying, “I’m grateful for my husband,” you could write:

- I’m happy to have such an affectionate husband who tells me that he loves me so often.
- I’m lucky to have a husband who eats his string cheese in actual strings rather than just biting into it.
- I’m lucky to have a wife who can identify any bird just by its chirp.
- I’m lucky to have a wife who can do a 100 burpees consecutively.

Or, instead of writing, “I’m grateful for my job,” you could write:

- I’m lucky to have a job right now even though many of my friends are unemployed.
- I really like the people I work with every day.
- I’m grateful to have a job that lets me have a flexible schedule to work around child care.

Focus on specific, positive things, and the things you have to be grateful for will come more into focus for you.

5. Turn Negatives into Positives

Help really transform your thoughts by finding the positive side of negative situations. Instead of dwelling on things that are not working out – maybe a failed relationship, or financial hardships, or health problems – try to find a positive in those situations. For example:

- I’m upset that relationship didn’t work out, but now I have time to focus on myself and figuring out what I really want and need in a partner.
- My husband is still unemployed, but I’m grateful that we were able to pay the rent this month.
- I don’t feel well and I’m worried about my health condition, but I’m grateful for the insight it has given me into how much I want to get out of life.

This will help you learn to focus on the positive in even the most dire situations. Though it may seem difficult and unnatural at first, keeping a gratitude journal and learning to focus on the positive in every situation will help you cultivate a greater sense of happiness and optimism about your life.

Journal Entry #1

As iron sharpens iron, so one man sharpens another.

Proverbs 27:17

Every Academy Awards show or Hall of Fame induction speech reminds us that none of us does this journey on life well all by ourselves. We need people. We need mentors. We need relationships.

Journal

What was the highlight of your day yesterday?

What are you most looking forward to today?

Write about a person who has most impacted you in your life.