

Cheat Sheet

DAILY PRACTICE

Step 1

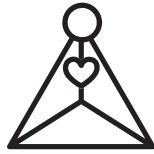


restore

Faithfulness

THE BODY

Step 2



sanctuary

Gentleness

THE BREATH

Step 3



create

Goodness

THE WORD

Step 4



harmonize

Joy

THE SPIRIT

Step 5



connect

Peace

THE HEART

Step 6



open

Love, Kindness

THE SOUL

Step 7



renew

Self-Control

PRAYER

Step 8



believe

Patience

Go in Grace