



# BUILT DIFFERENT

Date: \_\_\_\_\_



How has your relationship with God been today? 1 2 3 4 5 6 7 8 9 10

What went well?

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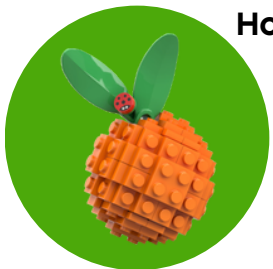
What can you do better tomorrow?

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How has your relationship with food been today? 1 2 3 4 5 6 7 8 9 10

What went well?

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What can you do better tomorrow?

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How has your relationship with your body been today? 1 2 3 4 5 6 7 8 9 10

What went well?

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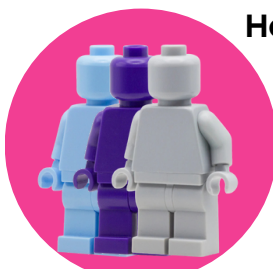
What can you do better tomorrow?

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How has your connection with friends been today? 1 2 3 4 5 6 7 8 9 10

What went well?

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What can you do better tomorrow?

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How has your focus been today? 1 2 3 4 5 6 7 8 9 10

What went well?

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What can you do better tomorrow?

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