



BUILT DIFFERENT

Date: _____

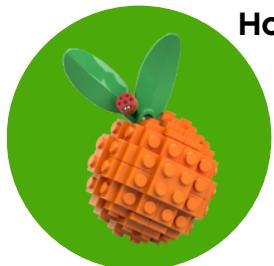
How has your relationship with God been today? 1 2 3 4 5 6 7 8 9 10



What went well?

What can you do better tomorrow?

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



What went well?

What can you do better tomorrow?

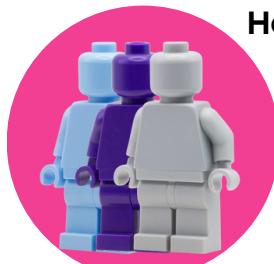
How has your relationship with your body been today? 1 2 3 4 5 6 7 8 9 10



What went well?

What can you do better tomorrow?

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



What went well?

What can you do better tomorrow?

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



What went well?

What can you do better tomorrow?
