

## SHIFT #4 - FOCUS ON SMALL DAILY HABITS

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28 (MSG)*

Choose 1 small daily habit that you’re committed to practicing every day. Here are some examples:

- Daily prayer
- Drink 8 cups of water
- Walk for 15 minutes each day
- Track my food
- Chew my food slowly
- Make my bed
- Go to bed by 10:00 p.m.
- Eat 1-2 servings of vegetables
- 5 minutes of stretching
- Choose your own

Additional Thoughts

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Share your anchor scripture in the [Private Facebook Group](#).

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