

Write down the number of anything that describes you.

# A JOURNEY Home

1

I thrive on doing things myself.

2

I'm often stressed.

3

I hold in a lot of anger.

4

I often feel like I don't belong.

5

I drink to make decisions easier.

6

I often plan about how to get ahead.

7

I feel obligated to volunteer.

8

People say I'm judgemental.

9

I'm really aware of what people are thinking.

10

I'm worried people will find out too much about me.

11

I thrive on being busy.

12

The gym is my second home.

13

I want people to notice how hard I work.

14

I put on a good show.

15

I feel guilty if I don't pray.

16

I don't have close friendships.

17

I keep a lot of secrets.

18

I keep my feelings and emotions to myself.

19

People say I'm opinionated.

20

I hold back in conversation.

21

I spend a lot of time thinking about how I look.

22

I buy things to feel better.

23

I'm really competitive.

24

I often feel jealous.

25

I'm suspicious of people in authority.

26

I obsess about money.

27

I get my feelings hurt a lot.

28

I want people to think I'm spiritual.

29

I'm worried I won't have enough.

30

I need to be the smartest person in the room.

31

I don't feel very close to God.

32

I pay close attention to what other people get/earn.

33

I feel like a failure.

34

Everyone depends on me.

35

I'm a rescuer.

# Your challenge:

Look at the number(s) you wrote down and match them with your challenge for the week, below.

1

I'll delegate one task this week.

2

I'm going to admit a weakness to someone and ask for specific help.

3

I'll find someone I trust to share my feelings with.

4

I'll ask someone close to me a simple question: Why do you like me?

5

I'll give up alcohol for a week.

6

For one whole day, I'll always put the person above the task (including myself).

7

For an entire day I'll do something I love.

8

For an entire day I'll try to encourage other people

9

This week, I'll focus on how other people are feeling.

10

I'll confess something to someone I trust.

11

I'll spend at least three solid hours doing something unproductive.

12

I'll skip the gym for five days straight.

13

I'll leave work early one day this week.

14

I'll let my guard down with someone I trust.

15

In place of obligatory prayer, I'll close my eyes and rest.

16

I'll invite a casual friend to hang out/get lunch.

17

I'll share something personal with someone I trust.

18

Five times this week I'll say how I'm feeling out loud.

19

For an entire day, I'll hold my tongue.

20

I'll take a risk and share what I'm really thinking.

21

I'll wear the same shirt two days in a row. (Three days in a row if I'm super hard core.)

22

I'll look for five ways to be generous in one day.

23

I'll look for a place to intentionally lose this week.

24

I'll compliment three people for a trait I admire about them.

25

I'll thank someone in authority over me for the work that they do.

26

I'll give away this week's lunch money.

27

I'll choose not to read into anyone's words for an entire day.

28

I'll confess an area I struggle with to a person/group I trust.

29

I'll write out a list of 50 things I'm thankful for.

30

In conversation, I'll intentionally refrain from sharing my thoughts first, and from getting the last word in.

31

I'll copy Psalm 23\* on a note card and place it some place I will see it everyday.

*\*This is a poetic picture of the care God offers to everyone who receives Him.*

32

I'll make a list of ten people, ten experiences, and ten things I am thankful for.

33

I'll ask a trusted friend to share three good things they see in me.

34

This week, I'll take an entire night to myself.

35

This week, I'll just listen.