

iGnite

Journey XVIII: Weekly Intention Guide Week 2 ~ "Discipline Will Set Your Free"

"Some people regard discipline as a chore. For me, it's a kind of order that sets me free to fly!" ~ Julie Andrews

Action: Enjoy the loose and less structured summer days, however continue to practice daily disciplines and acts of diligence as this will earn you freedom, health, and happiness.

Write down three areas you need to practice discipline and the freedom that will follow.

Discipline Opportunity

1. _____
2. _____
3. _____

Freedom to Follow

1. _____
2. _____
3. _____

My physical, mental and spiritual goals for this week are:

Mind (Ex. Treat yourself with one, fifteen minute power nap/day):

Body (Ex. Drink water only: At least one half of my body weight in ounces/day):

Spirit (Ex. Sign up for the Wednesday Water Adventure):

Take time to answer the questions below at the end of each week.

This week, I am proud of myself for:

Next week, my opportunities are: