

# WEEK TWO: DEMONS.

BE STILL.

IT MIGHT BE THE HARDEST THING YOU DO TODAY.

KNOW THAT THE UNIVERSE HAS YOUR BACK.

YOU ARE IN THE PALM OF GOD'S HANDS.

"IF YOU WANT TO KNOW WHO YOU ARE, YOU HAVE TO LOOK AT YOUR REAL SELF AND ACKNOWLEDGE WHAT YOU SEE." - NARUTO

OBSERVE & PROCESS (YOUR FEELINGS, YOUR THOUGHTS, YOUR ACTIONS)

BE BRAVE ENOUGH TO FACE YOUR DEMONS.

YOU ARE IN THE PALM OF GOD'S HANDS.

KNOW THAT THE UNIVERSE HAS YOUR BACK.

IT MIGHT BE THE HARDEST THING YOU DO TODAY.

BE STILL.

Love all of you.

You are both a masterpiece and a work in progress.

Write down 5 strengths, 5 weaknesses and 5 fears.

You can't equip yourself with tools to combat your fears or learn how to humbly fortify your weakness if you aren't willing to face them in the first place.

Be brave. You've got this.

# WEEK TWO: DEMONS.

"TO GATHER COURAGE; HANDSHAKE YOUR FEAR."

## 5 STRENGTHS...

- 1.
- 2.
- 3.
- 4.
- 5.

## 5 WEAKNESSES...

- 1.
- 2.
- 3.
- 4.
- 5.

## 5 THINGS I AM SCARED OF...

- 1.
- 2.
- 3.
- 4.
- 5.

DAY 8 I feel \_\_\_\_\_ . (PICK ONE WORD.)

What thought led you to this feeling? What circumstance happened to bring this thought to your mind?  
How did you react? How would you like to respond in the future?

DAY 9 I feel \_\_\_\_\_ . (PICK ONE WORD.)

What thought led you to this feeling? What circumstance happened to bring this thought to your mind?  
How did you react? How would you like to respond in the future?

DAY 10 I feel \_\_\_\_\_ . (PICK ONE WORD.)

What thought led you to this feeling? What circumstance happened to bring this thought to your mind?  
How did you react? How would you like to respond in the future?

DAY 11 I feel \_\_\_\_\_ . (PICK ONE WORD.)

What thought led you to this feeling? What circumstance happened to bring this thought to your mind?  
How did you react? How would you like to respond in the future?

DAY 12 I feel \_\_\_\_\_ . (PICK ONE WORD.)

What thought led you to this feeling? What circumstance happened to bring this thought to your mind?  
How did you react? How would you like to respond in the future?

DAY 13 I feel \_\_\_\_\_ . (PICK ONE WORD.)

What thought led you to this feeling? What circumstance happened to bring this thought to your mind?  
How did you react? How would you like to respond in the future?

## QUOTES:

**"BE STILL AND KNOW THAT I AM GOD." -PSALM 46:10**

**"How different would the world look if people spent as much time listening to their conscience as they did to chattering broadcasts? If they could respond to the calls of their convictions as quickly as we answer the dings and rings of technology in our pockets? All this noise. All this information. All these inputs. We are afraid of the silence. We are afraid of looking stupid. We are afraid of missing out. We are afraid of being the bad guy who says, 'Nope, not interested.' We'd rather make ourselves miserable than make ourselves a priority, than be our best selves. Than be still... and in charge of our own information diet." - Ryan Holiday**

**"WITH PRACTICE, BOTH IN YOGA AND IN LIFE, THE EXTERNAL WORLD BEGINS TO HAVE LESS POWER OVER US AND THE INTERNAL WORLD IS MORE AT PEACE." -ROBERT BUTERA**

**"I wanna hide the truth. I wanna shelter you.**

**But with the beast inside. There's nowhere we can hide**

**No matter what we breed. We still are made of greed...**

**When you feel my heat. Look into my eyes**

**It's where my demons hide. It's where my demons hide**

**Don't get too close. It's dark inside**

**It's where my demons hide. It's where my demons hide."-Imagine Dragons**

**"IF YOU WANT TO KNOW WHO YOU ARE, YOU HAVE TO LOOK AT YOUR REAL SELF AND ACKNOWLEDGE WHAT YOU SEE."**

**-NARUTO**

**"LOVE ALL OF YOU. Love your strengths and allow yourself to shine; knowing with those strengths you can do good. Love your weaknesses and allow yourself to be imperfect; knowing those weaknesses keep you humble and teachable which are essential traits to developing your highest self." -Alli Louthain**