

MY HEART CHECK-IN:

A PRE-CHALLENGE ASSESSMENT

Date ____ / ____ / ____

"Before you begin, take a deep breath. This is a safe space to be honest with your feelings. There is no judgment here, only an invitation to a journey of healing and growth."

ACKNOWLEDGE & CONFESS

Where is my jealousy directed right now? (e.g., person, situation, success)

When I feel jealous, what emotions arise within me? (e.g., worthlessness, anger, sadness, anxiety)

IDENTIFY THE ROOT CAUSE

What do I feel the person/situation I'm jealous of has taken from me?

What fear or sense of inadequacy is hiding beneath my jealousy? (e.g., fear of failure, feeling unloved)

ANALYZE THE IMPACT

How has jealousy affected my relationships with the people around me?

SET AN INTENTION

What is one small, tangible step I can take today to start moving toward that change?

Planting Seeds of Gratitude

DAY 1

DATE: _____

Prayer Inspired by the Word



Loving God, today I want to plant seeds of gratitude in my heart. Help me to be deeply rooted in You so I am not shaken, and let thankfulness overflow from within me. Fill me with joy instead of jealousy. In Jesus' name, Amen.

Today's Verse

"Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness."

-Colossians 2:7



Write the Verse



Reflection & Self-Awareness

Name three things God has given you that you may have been taking for granted.

My Action Steps

Write a prayer of thanks to God for one of your specific talents or strengths.

Today, I am grateful for

Notes

"I am God's treasured child, rooted in gratitude. My heart is full of joy."