

## WHOLEHEARTED 21 DAY CHALLENGE

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Wholehearted 2 Chairs (with assessment)																					
Devotions: Proverb of the Day, Devotional of choice																					
Pray out loud with Spouse and/or Kids (if you are single find a buddy)																					
Fast: No Alcohol, Other (junk food, social media, etc.)																					
Physical: Sexual Purity, Exercise or Walk 30 minutes																					

\*\*\*Wholehearted Assessment is a daily self-check to help identify the wholeness of your heart. These can be great questions to discuss with The Father.

Questions:

1. How is your heart today?
2. If I were to be honest with myself, have I misplaced my identity with anything or anyone else?
3. What do I need to accomplish today to help fulfill the purpose God has given me?
4. Who do I need to engage today to build relationships?
5. Do I have hope for my future?



Don't do this alone! Do this with someone else – preferably a group and certainly don't do it without relying on the strength of the Holy Spirit to help you every day. If you miss a day – don't beat yourself up... Learn from it and improve for the next day. The point is to focus your attention on God the Father, Jesus, and the Holy Spirit.