

## GROW — KEEP — DONE: find out where you are living.

Take several days and record the emotions you are feeling that fit into each category. What is motivating you most often, what are you feeling most often? Is this what you want to characterize your life? If not, using the concepts in *Feel* work out an action plan to move toward “grow” emotions. Remember to write down the emotion and the object. You are allowed to keep your love of chocolate but you can’t have that growing every day or you will be growing too! Love of money is going to lead you to a bad place, be done with it. Now, joy in your salvation, lets try to feel more of that one all the time.

Date \_\_\_\_\_

<b>GROW:</b> What things am I feeling that should be growing from day to day?	<b>KEEP:</b> What am I working through or experiencing today that is okay or good?	<b>DONE:</b> What emotions are hurting me and those I love?

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