

YOU ARE MORE POWERFUL  
THAN YOU KNOW!

# STEP FORTH

IS YOUR WORKLOAD CAUSING YOU TO BE ANXIOUS! CAN'T  
QUITE GET IT TOGETHER? HAVING TROUBLE BEING  
PRODUCTIVE OR FOCUSING? WELL IT'S TIME TO STEP FORTH!



## PRAY

Never underestimate the power of prayer! Prayer has the ability to set a calming atmosphere. Prayer has the ability to settle your mind. Give the first of your day to prayer and meditation. Pray the Word of God. Allow the Word to speak to your circumstance. Pray for guidance, peace, and strength.

## PRIORITIZE

This is important. You will need to decide what is important and what needs to be completed first. Consider what triggers you the most; what is causing you to be anxious. What is it that is stopping you from being able to be productive, either at home, on your job, or doing your school work. Make a list of what will allow you to breathe, and relax once the task is done.

## PERSIST

When you feel like quitting, don't stop. Refocus. Take you a timed break. When your time is up, get right back to work. Break your task down into smaller components, if need be. Whatever you do, complete that task before you moving to the next item on your list.

## PRAISE

Learn how to celebrate your accomplishments, not matter how big or small they may be. Take time to have a praise moment. Praise God for allowing you to complete your task. You don't have to wait until everything is done. You Can Praise Right Now!