



LEAVE OR LEFT

Behind

#HCCALLENGE
OCTBOER

SEE

WHO I'VE BEEN

WHO I'M BECOMING

FAITH

FAMILY

WORK/
CAREER

FRIENDSHIPS/
RELATIONSHIPS

HABITS/
HOBBIES

QUESTION

WHAT ARE YOU AFRAID OF...

- ☐ LOSE STABILITY (HOME, JOB, ETC)
- ☐ NOT BEING ACCEPTED
- ☐ LOSING COMMUNITY/ PEOPLE'S SUPPORT OR APPROVAL
- ☐ LOST SENSE OF IDENTITY
- ☐ HAVING TO START OVER
- ☐ BEING JUDGED
- ☐ DISAPPOINTING OTHERS
- ☐ NOT KNOWING WHAT'S NEXT
- ☐ FAILING
- ☐ END OF RELATIONSHIPS
- ☐ BEING WRONG

CHOOSE

SELECT ONE THING FROM THE ABOVE CATEGORIES
TO LEAVE BEHIND

I'm leaving behind the way I've been....:

LIVE IT

PLAN YOUR DAY SO THAT YOU DO ONE THING EACH DAY
TO REPLACE WHAT YOU'VE LEFT BEHIND AND SUPPORTS
WHO YOU'RE BECOMING

MORNING ROUTINE:

WORK:

HOME:

ACTIVITIES:

RELAXING:

EVEING ROUTINE:

Sometimes the hardest thing to leave behind isn't the thing itself. It's what we believe we'll lose without it.