1 **GRATITUDE:** Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

2 **AWARENESS:** Revisit the times in the past twenty-four hours when you were and were not the best version of yourself. Talk to God about these situations and what you learned from them.

3 **SIGNIFICANT MOMENTS:** Identify something you experienced in the last twenty-four hours and explore what God might be trying to say to you through that event (or person).
4 PEACE: Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

5 FREEDOM: Speak with God about how He is inviting you to change your life, so that you can experience the freedom to be the best version of yourself.

6 OTHERS: Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

7 Pray the Our Father.