

### THE COMMITMENT

Make a point to say your prayers daily and open your heart to hear God.

### THE DEVOTION

Daily scripture.

### SCRIPTURE:

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### THE PROMISE

This I call the GOD FACTOR, The promise to go to God first with every issue/weight in your life.

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Making a personal promise to God to work on daily life skills

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## STEP 4 GOAL ROSIE

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Celebrations of what you did right. The success of your focused efforts

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### I AM FEARFULLY AND WONDERFULLY MADE

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### I AM ENOUGH

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### I AM VALUABLE

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