

Asking for Help

In week 1 of *On Fire For Life* we were reminded that our bodies are meant to move. This week we are increasing our walking to 5 days a week. As you work to increase your activity level make sure to note how you feel and anything that comes up for you while you are walking.

Activity for the Body:

Increase your walks to 5 times a week this week.

Consider adding a prayer to your journey when you begin and end.

Something like: Lord, as I walk today, I want to thank you for all the wonderful and joyous experiences you have provided me with. As I walk through new and old experiences, Lord I pray that you will help me to walk out of the struggle and into your loving arms where I am wrapped in peace, love, and joy. In Jesus Name, We Pray, Amen.

Check in with yourself after your walks. Take a couple of deep breaths in and check in with your body.

Walk #1 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____

Walk #2 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____

Walk #3 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____

Walk #4 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____

Walk #5 Time Spent Walking _____

How do you feel?

Anything special that you would like to note: _____