

How to Have *Hope* In Hard Times



PHYSICAL

- Nutrition
- Exercise
- Chemistry



GROUND

- 5 Senses Grounding
- 4 Squared Breathing
- Feel Emotions



CHOOSE

- Support
- Be Aware of Energy
- Try Something New

SPIRITUAL

- Remember Who You Are
- Look at Strengths

LEVELING UP

- Prayer
- Miracle Journal
- Scripture Study
- Fasting
- Angels

THE SAVIOR

- True Healing
- The Light

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