

# THE KEEPER CHALLENGE

For **7 minutes** each morning, right after you wake up, start reading through the "I'm a Keeper" resources. Read through each page, allowing it to become a part of you.

Think about it throughout the day. Replace any lies with truths.

For **7 minutes** each evening, right before you go to bed, read back through the "I'm a Keeper" resources again.

I'M A  
KEEPER