WOMANHOOD.

with Christna Stubbs

Week 3 Worksheet

Name:

Date:

Practical ways to surrender your burdens to God:

1. Pray: Every time you're tempted to worry or stress, pray instead!

2. Shift your focus: What we focus on is magnified. Focus on the positives in your life. Meditate on scripture verses relating to your struggles.

3. Be entirely grateful: Make a list below of 20 things you are grateful for.

4. Be honest about how you feel: Don't pretend that your struggles don't exist. Don't pretend that you're okay if you really aren't. Own up to how you feel, and channel your emotions in a healthy, honest way, i.e talk to a mentor or friend, journal etc.