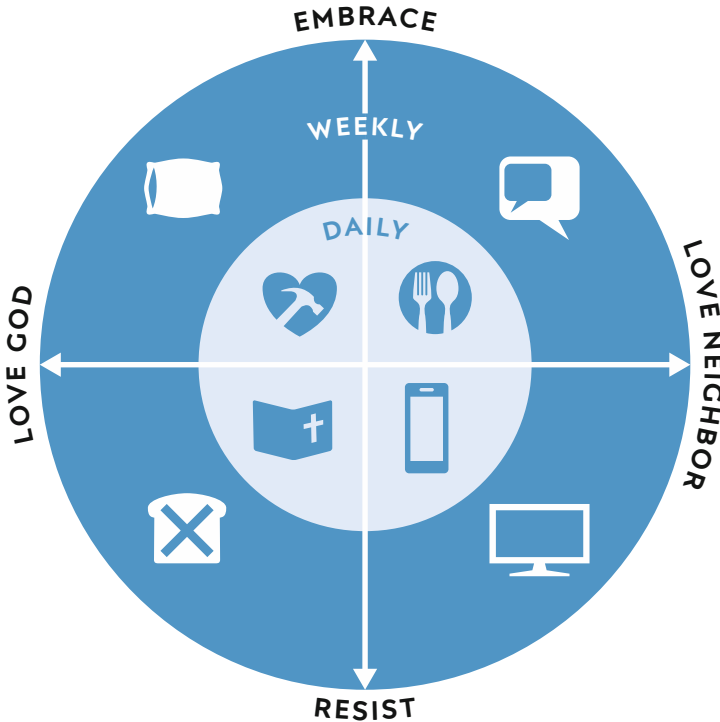


# HABITS AT A GLANCE



## DAILY HABITS



Kneeling prayer three times a day



One meal with others



One hour with phone off



Scripture before phone

## WEEKLY HABITS



One hour of conversation with a friend



Curate media to four hours



Fast from something for twenty-four hours



Sabbath