ent

why grit?

Creating disciplines can have a huge impact on your life. When these disciplines are beneficial to your spiritual health, physical health, and personal development, you actually see the effects trickle down into other parts of your life. During our series, GRIT, we are talking about making positive changes and pushing through when things get hard!

For 52 days, we want you to choose three disciplines to do every day. We encourage you to choose one for each of these areas: spiritual, physical, and personal development. Choose something challenging that will help you grow.

Share your daily progress on social media by tagging **@wearepantano** and using **#pantanogrit.** We can't wait to see the positive impact this makes in your life!

You can also **text GRIT to 46356** and opt-in to receiving motivational text from us!

goal ideas

physical: walk a mile; cut out sugar/soda/caffeine; get outside; sleep 8 hours; drink a gallon of water

spiritual: read a chapter in the Bible; learn to pray; start a Bible reading plan; write in a gratitude journal; study the Pursuit Journal

personal development: read 10 pages; listen to a podcast; write thank you cards; be "others focused"; have one intentional conversation; ask "how can I help?"

WRITE DOWN YOUR GOALS

PHYSICAL :

SPIRITUAL :

PERSONAL DEVELOPMENT :

1 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	2 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	3 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	4 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
5 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	6 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	7 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	8 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
9 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	10 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	11 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	12 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
13 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	14 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	15 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	16 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
17 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	18 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	19 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	20 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT

21 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	22 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	23 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	24 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
25 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	26 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	27 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	28 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
29 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	30 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	31 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	32 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
33 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	34 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	35 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	36 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
37 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	38 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	39 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	40 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
41 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	42 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	43 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	44 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
45 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	46 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	47 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	48 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT
49 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	50 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	51 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT	52 ○ PHYSICAL ○ SPIRITUAL ○ PERSONAL DEVELOPMENT