

A 30-DAY CHALLENGE

30 Days of Patience

"Everyone should be quick to listen, slow to speak and slow to become angry."

JAMES 1:19

☐ 1. Identify Your Patience Triggers

☐ 3. Invite God Into the Moment

☐ 5. Release Unrealistic Expectations

☐ 7. Reflect on God's Patience

☐ 9. Choose Love First

☐ 11. Slow Down the Rush

☐ 13. Give Yourself Grace

☐ 15. Ask God For Patience

☐ 17. Replace Complaining With Gratitude

☐ 19. Practice Self-Control

☐ 21. Remember God Is Still Working

☐ 23. Identify Your Grace Moments

☐ 25. Bring God Into Your Mornings

☐ 27. Encourage Another Mom

☐ 29. Thank God For Growth

☐ 2. Pause Before Responding

☐ 4. Notice Your Body's Warning Signs

☐ 6. Practice Gentle Words

☐ 8. Recognize Your First Reaction

☐ 10. Listen Before Correcting

☐ 12. Let Go of Needing Control

☐ 14. Celebrate Growth

☐ 16. Practice Waiting

☐ 18. See People Through God's Eyes

☐ 20. Pray For Your Home

☐ 22. Create Your Patience Prayer

☐ 24. Practice Patience With Yourself

☐ 26. Choose Peace Over Urgency

☐ 28. Share What God Is Teaching You

☐ 30. Commit Your Patience To God

Ash Dion

GROW IN FAITH, LIFE & HOME

