

Day 7: Experience

Quote

People grow through experience if they meet life honestly and courageously. This is how character is built.
Eleanor Roosevelt

Bible Verse

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. Romans 5:3-4

Inspiration

Re-building a life through character strengths

<http://www.youtube.com/watch?v=sZJG3atoc6Q>

Journaling

What experiences have you gone through that have been the most character building? Who supported you through those experiences that you are most thankful for?

Technique

Use one of the techniques from the Ranger Distress techniques list.

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NOT ONLY SO, BUT WE ALSO GLORY IN OUR SUFFERINGS, BECAUSE WE KNOW THAT SUFFERING PRODUCES PERSEVERANCE; PERSEVERANCE, CHARACTER; AND CHARACTER, HOPE. ROMANS 5:3-4