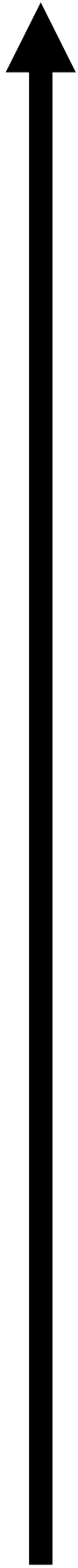


# The Vertical Habits



**“Love You”**

Praise



**“I’m Sorry”**

Confession



**“Why?”**

Lament



**“I’m Listening”**

Illumination



**“Help”**

Petition



**“Thank You”**

Thanksgiving



**“What Can I Do?”**

Service



**“Bless You”**

Blessing

**MAKE THEM A HABIT**