

**FORGIVE**  
 THE ULITMATE PRACTICE  
 Desire. Direction. Discipline. Destiny.

Date _____	Actions considered	Actions taken	Action results
<p><b><u>Focused Faith</u></b></p> <p>To hold focused faith, reflect on success quotes, read book passages or develop a motivating mantra</p>			
<p><b><u>Forgiving</u></b></p> <p>Forgiving is a means of integrating all experience into powerful innovation.</p>			
<p><b><u>Food</u></b></p> <p>Food is any life-sustaining substance that people consume to maintain life and growth. This includes information.</p>			
<p><b><u>Fitness</u></b></p> <p>Fitness refers to the state of one's overall condition. The condition includes physical, mental, emotional and spiritual. Another name for fitness is "readiness."</p>			