


DAY 13



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Find objects around your home to represent the obstacles you are facing. Share it with someone else and be sure to explain why you choose the objects that you did to represent the obstacles. Ask them what obstacles they are facing.

OR

Find a song that has something to do with an obstacle you are facing or a song that makes you feel encouraged to face your obstacle. If you find a song about an obstacle you are facing and it makes you feel sad or mad or anything negative, don't keep listening to it! Seek positive encouragement instead of fostering negative emotion.