



Daniel Fast Day Seventeen

1. Do you have one new habit you want to adopt or a character quality you want to change?

2. When was another time when you successfully changed something in your life? _____

3. What will be the outcome when you have changed? How will you feel? _____

4. You don't need to share this with others, but you may feel supported if you talk with a trusted friend, pastor, or family member. Or perhaps a book will help support you.
