



8
HABITS
FOR
GROWTH

**8 WEEK
CHALLENGE**

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Tips for the 8 Week Challenge

- 1. Find a friend.** Work on each challenge with others.
- 2. Do the work.** Try to do the challenge each day.
- 3. Practice the Clean Slate Policy.** When you get behind, miss a day, or discover what doesn't work for you, wipe the slate clean and start again.
- 4. Pursue progress, not perfection.** Consistency matters more than doing it perfectly.
- 5. Shrink the challenge.** If you're not practicing the habit, chances are that you've set a goal that's bigger than the time and energy that you have available. Try shrinking your task until you're 90% sure you can do it.
- 6. Keep going, even when you don't see progress.** Small habits, maintained over a long period of time, can lead to lasting change.
- 7. Have fun.** Experiment. Be curious. Take the challenge seriously, but approach it playfully. Aim to learn about what works for you and what doesn't. Enjoy the process.

WEEK #1: MAKE TIME

Big Idea: Make at least 10–15 minutes per day to work through the 8 Habits for Growth book.

This Week's Challenge: Take 15 minutes each day this week to work to read a section of the book.

WEEK #2: REST AND REFRESH

Big Idea: Build a rhythm of work and rest into your life.

This Week's Challenge: Take 15 minutes each day this week to do something that refreshes you.

WEEK #3: ENGAGE THE BIBLE

Big Idea: Engage the Bible by reading or listening to Scripture daily.

This Week's Challenge: Read or listen to the Bible for 15 minutes each day this week.

WEEK #4: SPEAK WITH GOD

Big Idea: Speak with God every day through prayer.

This Week's Challenge: Pray for 5 minutes each day this week.

WEEK #5: WORSHIP AND BELONG

Big Idea: Worship, and receive from and contribute to the lives of other believers.

This Week's Challenge: Take 5 minutes each day to send a text or note to encourage someone at church.

WEEK #6: CARE FOR YOUR BODY

Big Idea: Care for your body for God's glory and so that you can love and serve others.

This Week's Challenge: Take one action to care for your body each day this week.

WEEK #7: SIMPLIFY AND PRIORITIZE

Big Idea: Look for ways to simplify your life in order to keep your focus on the main thing.

This Week's Challenge: Look for one small thing to simplify each day this week.

WEEK #8: GO THE DISTANCE

Big Idea: Begin to build a Rule of Life, a set of rhythms and relationships that fit your life.

This Week's Challenge: Write down one thing each day that helps you love God and others.