

Victories Happen! – Thin Within 3-Day Challenge

Date: _____

DIRECTIONS: Any time you accomplish a single victory in any of the hours listed above, make a favorite mark. A victory can be sleeping 😊, praying that the Lord will help you say no to temptation, giving thanks, renewing your mind by using one of the mind renewal tools, serving and enjoying less food, drinking pure water, waiting for a 0, stopping when you have had “just enough” food to eat, making a more beneficial choice, having a PraiseFest, making an observation and *correction* with the Lord by talking it over with Him, listening to an audio at our [SoundCloud](#) channel or watching a video at the [“Original Thin Within” YouTube channel](#), etc.! You CAN do this. Let’s maximize the VICTORIES instead of minimizing them.

Day	12 a m	1 a m	2 a m	3 a m	4 a m	5 a m	6 a m	7 a m	8 a m	9 a m	10 a m	11 a m	12 p m	1 p m	2 p m	3 p m	4 p m	5 p m	6 p m	7 p m	8 p m	9 p m	10 p m	11 p m	
1																									
2																									
3																									

The hours when you are sleeping, you get freebies! Place a ★ in the box and you will see just how many moments in a day you have victory!!!

