

**Action Partner  
Initials**

● Very little effort   ● Some effort   ● Significant effort

**A** I acted on one way to strengthen my faith in Jesus Christ.   ●   ●   ●

**B** I wrote down one thing I am grateful for each day.   ●   ●   ●

**C** I worked on my personal commitment.   ●   ●   ●

**D** I contacted and supported my action partner.   ●   ●   ●

**E** I shared what I learned with my family or friends.   ●   ●   ●