

Fruit Diet	GL5 Workout	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Key	<i>Ask the Holy Spirit to help</i>	<i>Pray</i>	<i>Pray</i>	<i>Pray</i>	<i>Pray</i>	<i>Pray</i>	<i>Pray</i>	<i>Pray</i>
Love	Be sacrificial, considering others before yourself							
Joy	Seek inner contentment that you are loved by God and are special							
Peace	Seek harmony in all relationships							
Patience	Listen to others							
Kindness	Be thoughtful to others - proactive							
Generosity	Give sacrificially of your time and assets							
Faithfulness	Be completely dependable and trustworthy							
Gentleness	Walk in humility							
Self Control	Don't allow thoughts to become actions							