

STEP 3 ~ GET EQUIPPED

	1. Journal and pen or device and program that you like to use for keeping track of things.
	2. Bible or favorite bible website. It is _____
	3. Bathtub
	4. Pad of sticky notes.
	5. Cell phone or watch with a minute timer on it.
	6. MP3 player of some sort or iPod
	7. Music download account like iTunes or Amazon.
	8. 10 minutes or so each day.

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