

GLORY CARRIERS PRAYER CALL

21 DAY

WALKING

Through

THE MESSY MIDDLE



Pastor
Daniella Coffey



MOVE
YOUR BODY



RENEW
YOUR MIND



BUILD
COMMUNITY

MOVE

30 Min Intentional Walk

RENEW

Prayer & Mindset Alignment

BUILD

Capacity & Community

DAY	MOVE (WALK)	RENEW (SPIRIT)	BUILD (MIND)	HYDRATE (VESSEL)	DAILY NOTES / WINS
DAY 01	☐	☐	☐	☐	
DAY 02	☐	☐	☐	☐	
DAY 03	☐	☐	☐	☐	
DAY 04	☐	☐	☐	☐	
DAY 05	☐	☐	☐	☐	
DAY 06	☐	☐	☐	☐	
DAY 07	☐	☐	☐	☐	
DAY 08	☐	☐	☐	☐	
DAY 09	☐	☐	☐	☐	
DAY 10	☐	☐	☐	☐	
DAY 11	☐	☐	☐	☐	
DAY 12	☐	☐	☐	☐	
DAY 13	☐	☐	☐	☐	
DAY 14	☐	☐	☐	☐	
DAY 15	☐	☐	☐	☐	

DAY	MOVE (WALK)	RENEW (SPIRIT)	BUILD (MIND)	HYDRATE (VESSEL)	DAILY NOTES / WINS
DAY 16	☐	☐	☐	☐	_____
DAY 17	☐	☐	☐	☐	_____
DAY 18	☐	☐	☐	☐	_____
DAY 19	☐	☐	☐	☐	_____
DAY 20	☐	☐	☐	☐	_____
DAY 21	☐	☐	☐	☐	_____

THE MESSY MIDDLE AUDIT

Ask yourself daily: Did I show up for the version of me that my next level requires? If YOU don't build YOU, what you building won't last.

THE "MESSY MIDDLE" REFLECTION

Ask yourself these three questions every evening:

1. Where did I try to "abandon myself" today to build something else?
2. Was my spirit loud enough to hear instructions while I moved?
3. What did I learn about my capacity today?