



MORNING ARMOUR UP



"REFINE YOUR SOUL."

DATE: _____



TODAY'S MISSION

WHAT IS THE MOST IMPORTANT THING I MUST ACCOMPLISH TODAY?



VIRTUE FOCUS

WHICH VIRTUE WILL I CONSCIOUSLY STRENGTHEN TODAY?

- ☐ STRENGTH
- ☐ BELIEF
- ☐ HONOUR
- ☐ DISCIPLINE
- ☐ WISDOM
- ☐ COMPASSION
- ☐ PURPOSE

WHY?



THE ROCK

TODAY I CHOOSE:

- ☐ TRUTH OVER ILLUSION
- ☐ ACCOUNTABILITY OVER EXCUSES
- ☐ RESPONSIBILITY OVER BLAME
- ☐ REALITY OVER COMFORT



DAILY COMMITMENTS

- ☐ TRAIN MY BODY
- ☐ REFINE MY MIND
- ☐ FEED MY SPIRIT
- ☐ KEEP MY WORD
- ☐ COMPLETE TODAY'S MISSION



SHADOW WATCH

WHICH SHADOW IS MOST LIKELY TO CHALLENGE ME TODAY?

- ☐ PRIDE
- ☐ LUST
- ☐ JEALOUSY
- ☐ ANGER
- ☐ FEAR
- ☐ DESPAIR

HOW WILL I RESPOND?

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✂️ FINAL SEAL

I WILL ACT WITH STRENGTH AND BELIEF.
I WILL REFINE MY SOUL THROUGH TODAY'S ACTIONS.

SIGNATURE: _____



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