

## What that looks like on a camera

make up excuses  
stay home and cry  
scroll on phone  
eat junk, watch a boxset

## What would that look like on a camera

going to church cafe for an hour at least once a month  
praying for cafe at least once a week  
asking someone to remind me of my commitment and how it helps

# GIVING AN HOUR TO COMMUNITY CAFE

## Thoughts, feelings, urges, desires, and memories that might sabotage me.

I'm too unreliable  
I let people down  
no one will speak to me  
I'm boring  
I can't be bothered  
I need of rest

anxiety  
helplessness  
low mood  
loneliness  
fear of failure

urge to stay home  
and make excuses

## What are God's values? What and who are important?

looking up and out to others  
helping, kindness, fellowship, honesty,  
commitment, growth

**What that looks like on a camera**

**What would that look like on a camera**

**Thoughts, feelings, urges,  
desires, and memories that  
might sabotage me.**

**What are God's values?  
What and who are important?**

