

THE 5-DAY FLOW CHALLENGE

Five mornings. Five assignments. Rebuild your morning before your morning rebuilds you.

Show up at 6 AM with PowerBurst, read the day's word, do the day's assignment, check the box. That's the whole challenge. Don't skip a morning — the current is always moving.

- ☐ **DAY 1 The Gap** Philippians 1:6
The distance between who you decided to be and who you are right now is not a sign your decision failed. It's where the formation happens.
Assignment: Write down one place where your life hasn't caught up to your decision yet. Then say out loud: "That's not the problem. That's the process."
- ☐ **DAY 2 The Friction** 2 Corinthians 5:17
You changed. Your surroundings didn't get the memo. Friction isn't the sign something went wrong — it's the sign something went right.
Assignment: Catch one moment today where you're tempted to go back quietly — just this once, just to keep the peace. Pause. One breath. Then ask: who do I want to be right now?
- ☐ **DAY 3 The Costume** Galatians 1:10
God is not in the audience you've been performing for. He already knows the 11 PM version — and He's with him.
Assignment: Have one conversation today where you let something real through. One layer. No image management.
- ☐ **DAY 4 The Votes** Luke 16:10
The small thing is not the placeholder. It's the qualification. Every small faithful choice is a vote for who you're becoming.
Assignment: Pick one small, unseen, undramatic thing and do it like it's the qualification. Tonight, write down three votes you cast today.
- ☐ **DAY 5 The Anchor** Hebrews 2:1
You don't decide to drift. You just stop deciding not to. Staying awake was designed to be a community practice.
Assignment: Name one person who is an anchor in your life and one who is current. Text the anchor today and tell them what you're building.

WHEN YOU FINISH — SAY IT WITH ME:

I don't grow alone · I reach for others · There's always one more

One more person · One more life · One more story

I'm climbing higher

"If It Doesn't Flow It Doesn't Go."