

Fast of Daniel Purpose

I invite you who joined this Fast of Daniel (or want to join) to take the utmost advantage of these next 21 days and grow in every sense.

Everyday starting today, I will be posting five tasks of the day focusing on five areas of your life: spiritual, health, relationships, finances and personal growth.

What's the point of this purpose?

Just as fasting from food is not only about not eating, the Fast of Daniel is also not only about being excluded from secular information or media. **The Fast of Daniel requires abstinence but also attitudes that'll help you reach your goals.**

The goal behind the Fast of Daniel is to strengthen your life in a general way, and prepare you to begin with all your strength.

How can I use this table of tasks?

Not everything listed below will probably apply to you. For example, today's finance task refers to your debts. But if you don't have any debts, you may substitute it, do something that pertains to your financial situation.

If possible, I suggest that you print out this table of tasks and carry it with you throughout the day, in order not to forget and also to mark what tasks you completed.

Are you in?

So, let's begin! Here are today's tasks:

Fast of Daniel	Day 1	Done ✓
Spiritual	Begin your day by speaking to God for at least 5 minutes	
Health	Exercise for 30 minutes (stretching, walking, etc)	
Relationships	Get in touch with a family member or friend that you haven't spoken to in a while	
Finances	Make an updated list of all your debts	
Personal Growth	Ask your boss or co-worker who knows you well, "Where do you think I can improve?"	