

PRUDENTLY PLANNING TO BE PATIENT WORKSHEET

A trigger for impatience can be flipped to patience.

LIST TRIGGER

FLIP YOUR RESPONSE

When I AM CUT OFF IN TRAFFIC

Instead of SHOUTING IN ANGER,

i will RECITE A PRAYER

When _____

Instead of _____,

i will _____

When _____

Instead of _____,

i will _____

When _____

Instead of _____,

i will _____



DISCIPLE of CHRIST
EDUCATION IN VIRTUE®

©2019 Lumen Ecclesiae Press GOLEPRESS.COM