

REFLECTION WORKSHEET

2 Nephi 2:27

“Wherefore, men are free according to the flesh; and all things are given them which are expedient unto man. And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil; for he seeketh that all men might be miserable like unto himself.”

Every choice we make, defines the path that ultimately leads to our destiny.

	REASONS WHY NOT to resort to my addictive behavior	THINGS TO AVOID that may lead into my addictive behavior:
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4		PLACES TO AVOID that may lead into my addictive behavior:
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7		PEOPLE TO AVOID that lead me into addictive behavior:
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9		FUN THINGS TO DO instead of my addictive behavior:
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12		PROJECTS TO DO instead of my addictive behavior:
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15		ITEMS TO DO DAILY for my spiritual growth:
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