

DAY 10: EMOTIONAL WELL-BEING

- **Action Step:** Reflect on your emotions today and practice a stress-reducing activity like meditation or a walk.
- **Scripture:** Psalm 34:17-18 (AMP)-- "The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is near to the brokenhearted and saves those who are crushed in spirit (contrite in heart, truly sorry for their sin)."
- **Affirmation:** "I care for my emotional health, knowing a sound mind leads to a fulfilled life."

