

COMPANION TO DAY 6 • HUMBLE BEGINNINGS

One Percent Practice Guide

Choose one small, meaningful action you can tend with consistency.

Faithful Fitness, Day 6, pages 20–22. Scripture: Luke 13:18–19.

Jesus describes God’s kingdom through the picture of a mustard seed. Let that humble beginning encourage you as you ask God for one faithful step in caring for your body and practicing His truth.

1 Meaningful

Does this action address something I have honestly noticed in my stewardship? Name the need it serves.

2 Clear

Can I describe what I will do and when? Make the action specific enough to recognize.

3 Repeatable

Does it fit my current capacity, resources, and responsibilities? Prepare for the day I actually have.

One need or obstacle I want to address

Use something you noticed in your vision, food journal, integrity walk, or daily life.

Why this matters in my stewardship

My commitment: After... I will...

Name the existing routine, the action, and where it will happen if that matters.

Example: “After breakfast, I will decide what vegetable I can include with dinner.” You may also choose a small preparation that supports a practice you have already begun.

“One percent” is a picture of a small, meaningful shift. You do not need to calculate a percentage or increase the action every day. Print or type into the fields and save.

TEND WHAT YOU PLANTED

Prepare. Practice. Review.

Make one preparation now, then try the practice in your real life. Review after a week to learn what fits; a week is not a deadline for forming a habit.

One preparation I will make today

For example: put the journal where I eat, check available food, or set out my shoes.

The interruption or obstacle I expect**A workable adjustment for that situation**

Keep the purpose in view. Adjust the action to your capacity and circumstances.

If I miss it, my next opportunity to return is...**Someone I can ask for encouragement****Review date****At review: What did I practice? What helped? What will I adjust?**

Pray: Father, show me one small thing You are calling me to practice. Give me humility to begin, diligence to return, and wisdom to adjust. Help me care for this body in Your service and give You the glory. In Jesus's name, amen.

For the full video devotional with Coach Alex, [join the CORPS](#).
Need help choosing a focus? Explore the [Health and Habits Profile](#).