

## STRONGER FOR SERVICE – WEEK 2

**FOCUS:** *Moderation over excess*

### DO THESE THINGS:

- Walk 15–20 minutes
- Eat until satisfied
- Limit indulgences
- Stop eating after supper

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### RULE:

If you indulge, do it intentionally — not automatically.

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### REMEMBER:

- You don't need more
  - You need enough
  - Control creates freedom
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### IDENTITY:

I don't need excess to enjoy life.