

The Heart of a Hero Handout

Every superhero knows their priorities and what needs to come before what. Reflect on how you spend your time doing the following each day:

- How much time in one day do you spend at school?
- How much time in one day do you spend with your family?
- How much time in one day do you spend on social media/watching videos/playing video games?
- How much time in one day do you spend praying?
- How much time in one day do you spend on sports or other hobbies?
- Is there anything that you would like to do each day that you do not currently have time to do?

Click on this link to see what you can do in a Normal Day as a Superhero!

<https://superheroes.lifeteen.com/>