

PROMISE OF THE WEEK...

**WHOEVER FOLLOWS
ME WILL HAVE THE
LIGHT OF LIFE!**

‘I don’t care!’ said Rat doggedly. ‘I’m not coming and that’s flat. And I AM going to stick to my old river AND live in a hole AND boat as I’ve always done. AND what’s more Mole is going to stick to me and do as I do, aren’t you Mole?’

‘Of course I am,’ said Mole loyally. ‘I’ll always stick to you Ratty...’



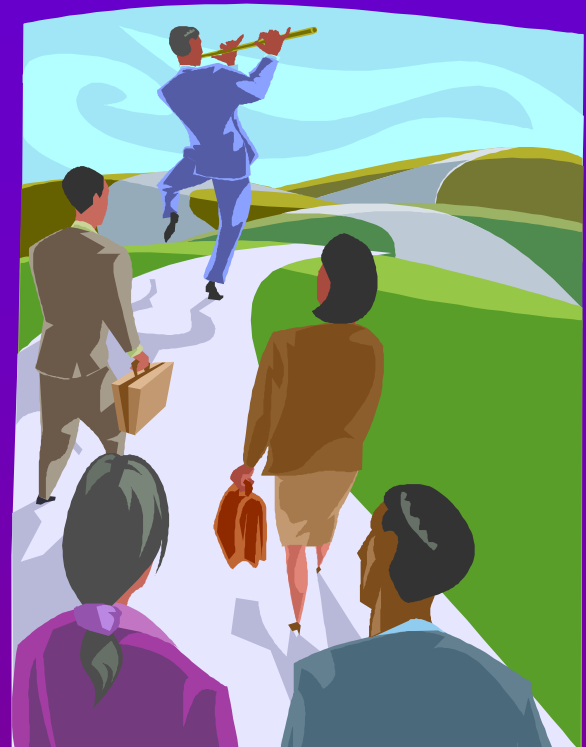
‘...all the same, it sounds as if it might have been- well rather fun, you know!’ he added wistfully. Poor Mole! The Life Adventurous was so new a thing to him and so thrilling and this new aspect of it was so tempting; and he had fallen in love with the canary coloured cart and he so wanted to go...



**Who do you PURSUE
and what makes them
a good role model?**

**Are you a risk taker?
When have you taken
a risk?**

**What would you like
to change in your
life?**





PROMISE POWER

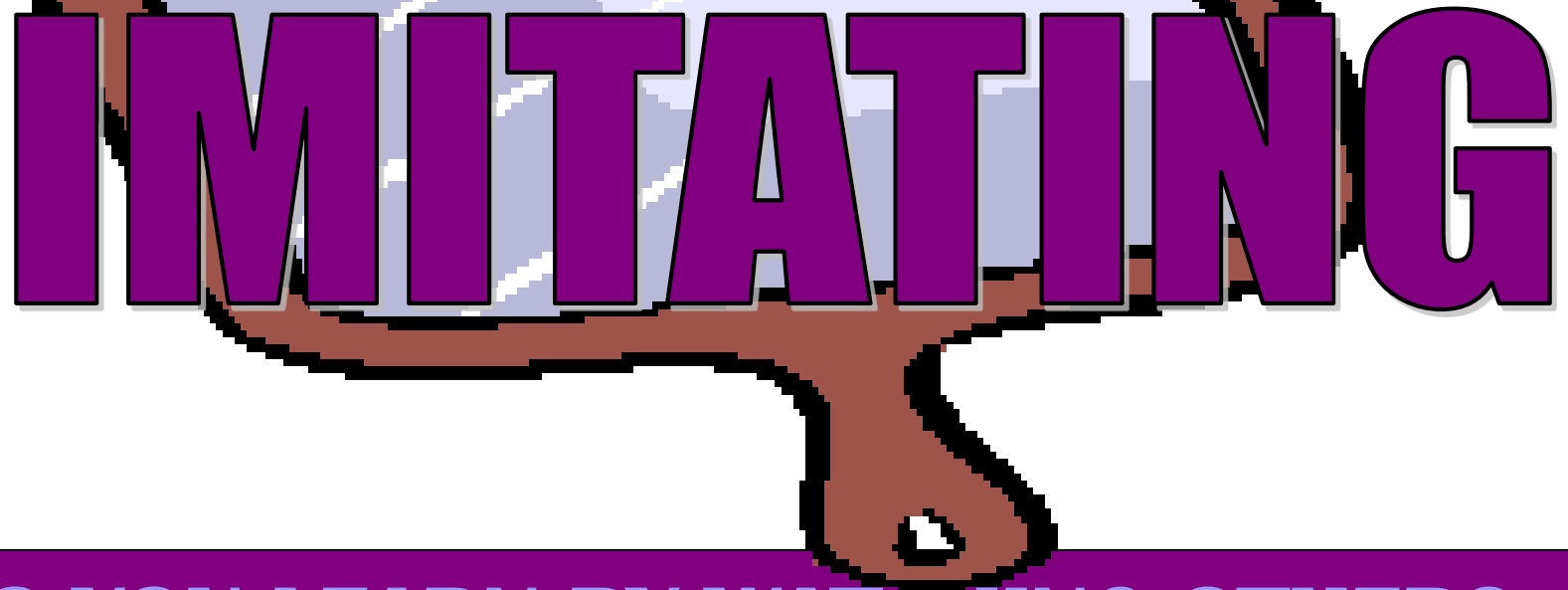
Whoever follows me
will have the light
of life!

John 8v12



Whose paces do you pursue ?

PENSIVE POWER



IMITATING

**DO YOU LEARN BY WATCHING OTHERS
AND COPYING HOW THEY DO THINGS ?**

PICK A 'P' CHALLENGE...

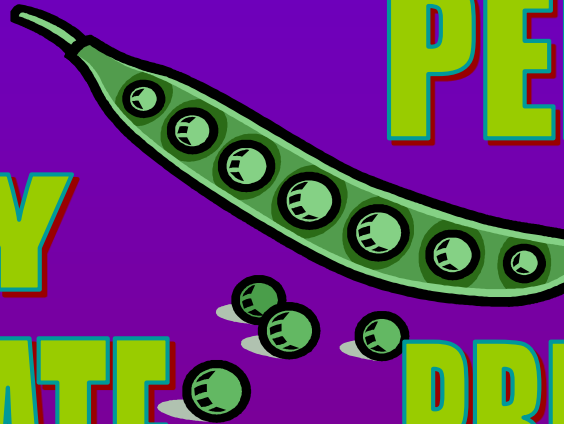
PACE

PASSIFY

PERAMBULATE

POSITIVE

PLEASE



PERFECT

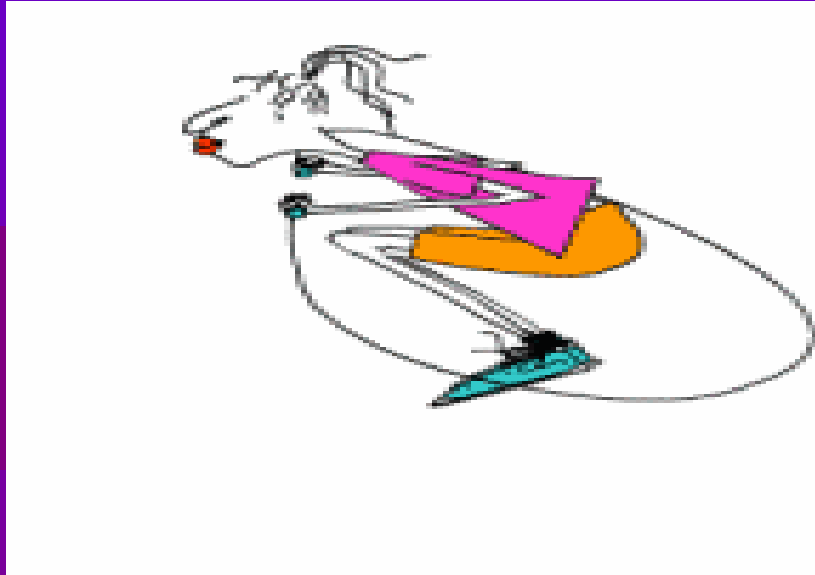
PERSUE

PREROGATIVE

PANDER

PENDULUM

POINTER TO PHYSICAL PERFECTION



RAISE YOUR PULSE RATE!

