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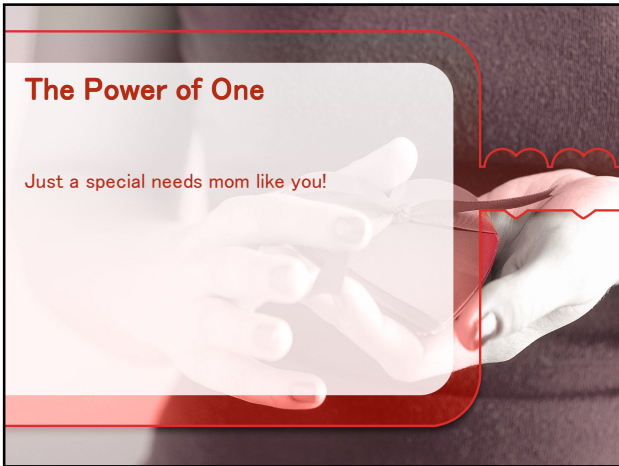
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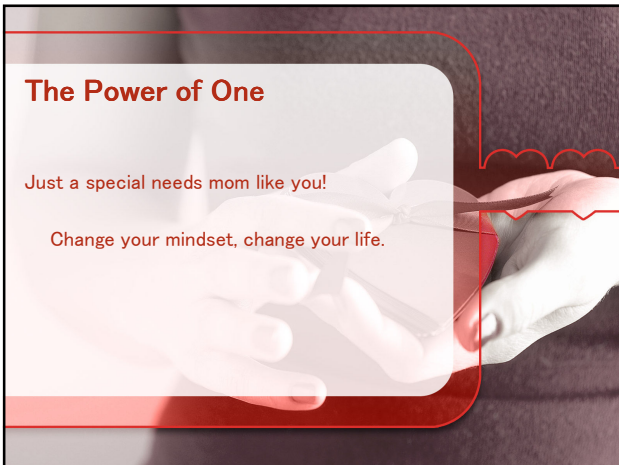
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**The Power of One**  
 Concept of the Power of One

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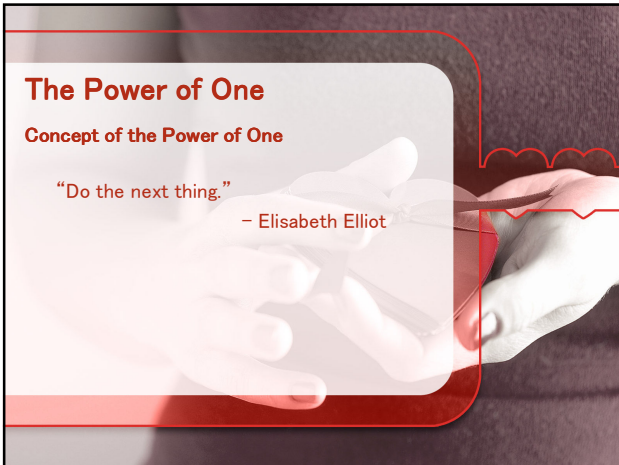
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**The Power of One**  
 Concept of the Power of One

“Do the next thing.”  
 – Elisabeth Elliot

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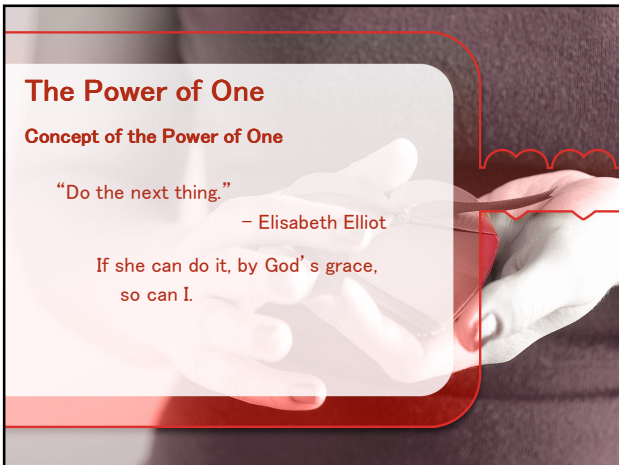
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**The Power of One**  
 Concept of the Power of One

“Do the next thing.”  
 – Elisabeth Elliot

If she can do it, by God’s grace,  
 so can I.

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**The Power of One**  
The Power of One Attitude

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**The Power of One**  
The Power of One Attitude  
Complaining and bitterness do not help us.

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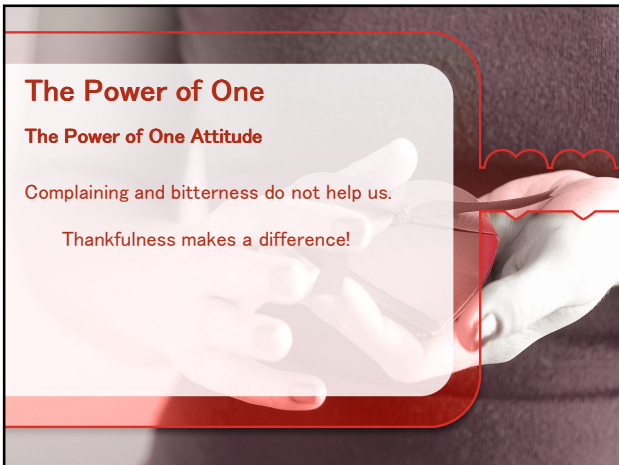
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**The Power of One**  
The Power of One Attitude  
Complaining and bitterness do not help us.  
Thankfulness makes a difference!

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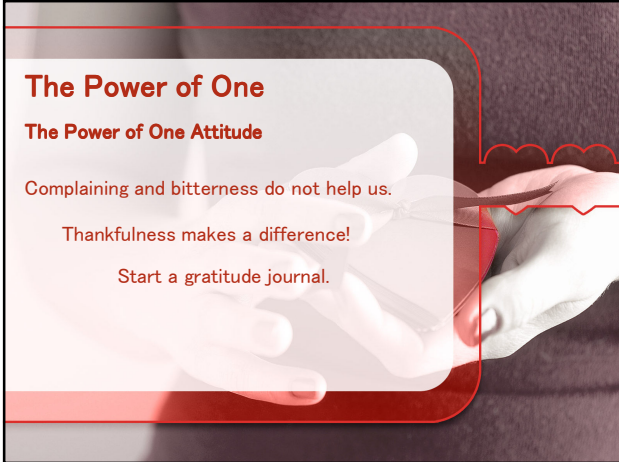
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**The Power of One**  
**The Power of One Attitude**

Complaining and bitterness do not help us.

Thankfulness makes a difference!

Start a gratitude journal.

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**The Power of One**  
**The Power of One Attitude**

Complaining and bitterness do not help us.

Thankfulness makes a difference!

Start a gratitude journal.

Record blessings.

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**The Power of One**  
**The Power of One Attitude**

Complaining and bitterness do not help us.

Thankfulness makes a difference!

Start a gratitude journal.

Record blessings.

Record victories.

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**The Power of One**  
The Power of One Task

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**The Power of One**  
The Power of One Task

We all get overwhelmed.

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**The Power of One**  
The Power of One Task

We all get overwhelmed.  
Focus on one thing you can do.

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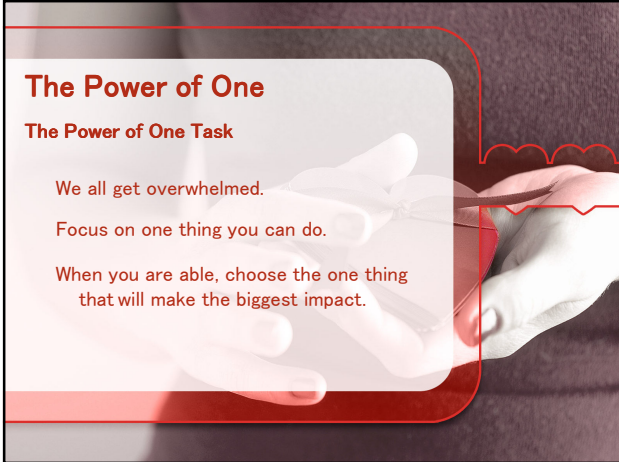
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**The Power of One**  
**The Power of One Task**

We all get overwhelmed.  
Focus on one thing you can do.

When you are able, choose the one thing that will make the biggest impact.

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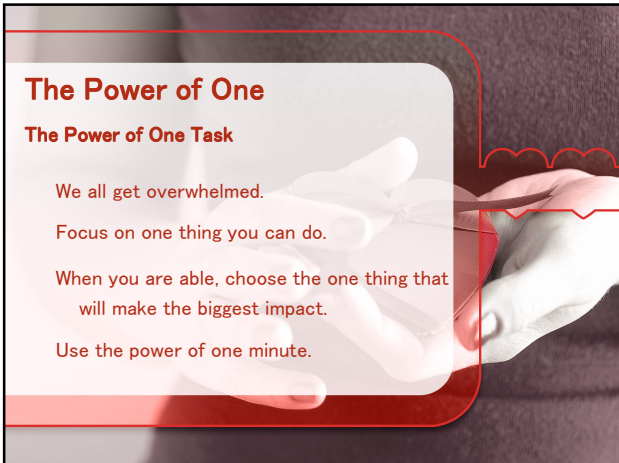
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**The Power of One**  
**The Power of One Task**

We all get overwhelmed.  
Focus on one thing you can do.

When you are able, choose the one thing that will make the biggest impact.

Use the power of one minute.

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**The Power of One**  
**The Power of One Mantra**

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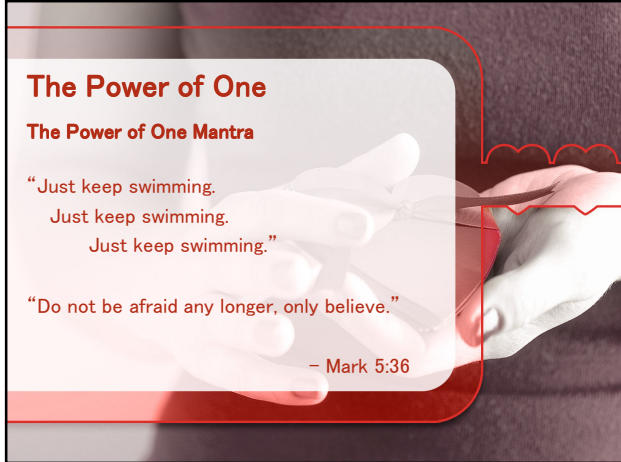
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**The Power of One**  
**The Power of One Mantra**

“Just keep swimming.  
 Just keep swimming.  
 Just keep swimming.”

“Do not be afraid any longer, only believe.”

– Mark 5:36

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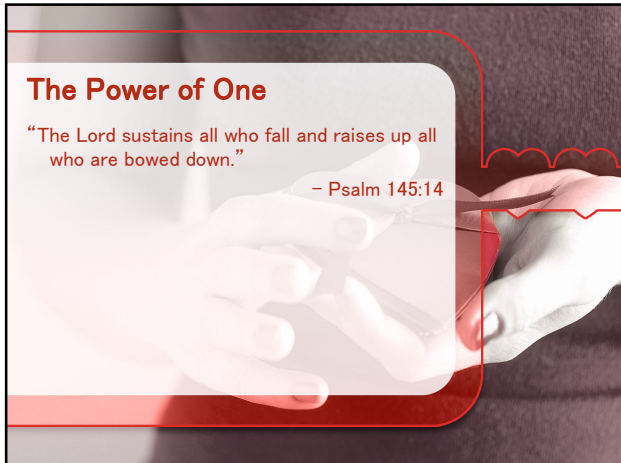
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**The Power of One**

“The Lord sustains all who fall and raises up all who are bowed down.”

– Psalm 145:14

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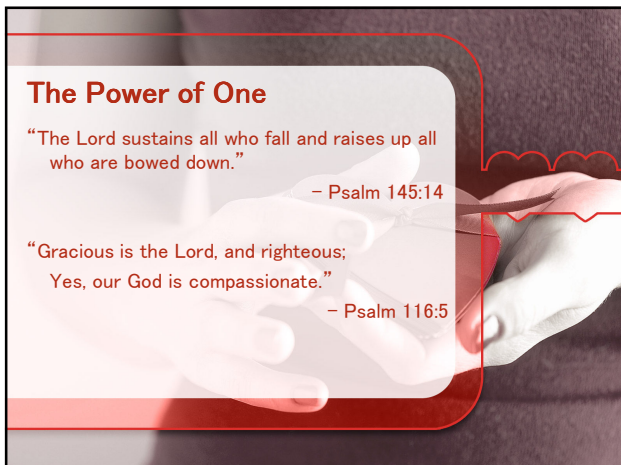
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**The Power of One**

“The Lord sustains all who fall and raises up all who are bowed down.”

– Psalm 145:14

“Gracious is the Lord, and righteous;  
 Yes, our God is compassionate.”

– Psalm 116:5

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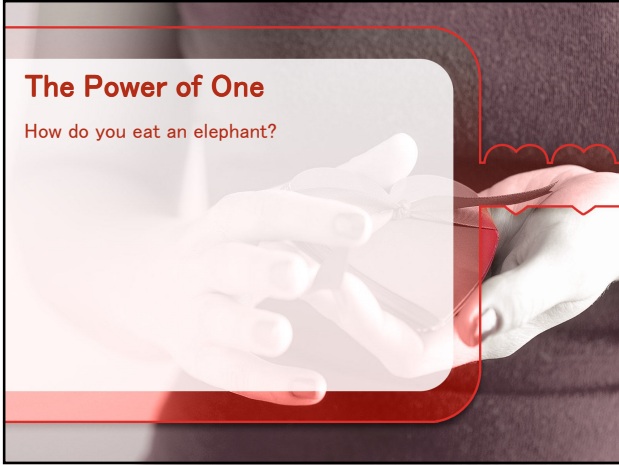
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**The Power of One**  
How do you eat an elephant?

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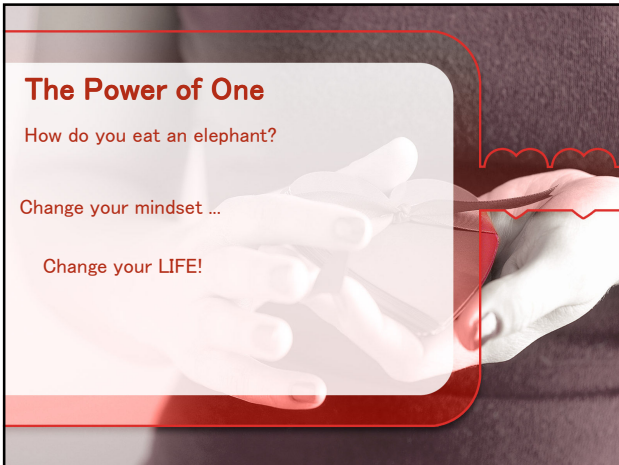
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**The Power of One**  
How do you eat an elephant?

Change your mindset ...

Change your LIFE!

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**The Power of One**  
With Jenny Herman  
[hedua.com/blog](http://hedua.com/blog)  
[manyhatsmommy.com](http://manyhatsmommy.com)

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