

Week 4: PRUNE

Sharpening Focus and Letting Go

Men's Stillness Workbook

ANCHOR THOUGHT

Pruning is the discipline of focus. It's about refining what's good so it can grow stronger.

"Every branch that bears fruit, He prunes so it can bear more fruit. — John 15:2"

INTRODUCTION

Welcome to Week 4 of your Stillness journey.

WEEKLY TRACKER

Use this space to track your daily progress, peace levels, and key insights.

DAY 1

MORNING REFLECTION

CORE PROMPT

EVENING JOURNAL

Today's Peace Level (1-5): _____

DAY 2

MORNING REFLECTION

CORE PROMPT

EVENING JOURNAL

Today's Peace Level (1-5): _____

DAY 3

MORNING REFLECTION

CORE PROMPT

EVENING JOURNAL

Today's Peace Level (1-5): _____

DAY 4

MORNING REFLECTION

CORE PROMPT

EVENING JOURNAL

Today's Peace Level (1-5): _____

DAY 5

MORNING REFLECTION

CORE PROMPT

EVENING JOURNAL

Today's Peace Level (1-5): _____

DAY 6

MORNING REFLECTION

CORE PROMPT

EVENING JOURNAL

Today's Peace Level (1-5): _____

DAY 7

MORNING REFLECTION

CORE PROMPT

EVENING JOURNAL

Today's Peace Level (1-5): _____

BONUS SECTION

Additional reflections and exercises for deeper growth.
