



CHEW Breakthroughs Tracker Template

Date	Emotion/ Situation	What Did I CHEW On?	What Shifted (Belief/Attitude/Action) ?	Evidence of God's Love at Work	Next Small Step
7/18/25	Anxiety about work	"If God's love is for me here, I don't have to prove myself."	Less defensiveness, more openness in team meeting.	Calm and courage in a hard conversation	Pray before meetings