

AB4LIFE

# Faith Without Performance Guide

*Reconnect with your faith naturally.*



## About this resource

For anyone tired of performing their faith. A grounded, no-pressure invitation back to a real, personal connection — exactly as you are.

## What's inside

- Spotting performance vs. presence
- Releasing shame around your faith journey
- A quiet practice to reconnect
- A new daily rhythm you can actually keep

**Free**

**Download Free — Email [an-g@ab4life.com](mailto:an-g@ab4life.com)**

AB4Life provides faith-based personal growth resources and emotional clarity support. Not therapy, counseling, or crisis services.