**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 26- June 26 - July 2**

**Assess where you are-** What are you grateful for?

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How are you doing with your fitness goals/ physical health? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be Intentional: List 5 things that you will do this week to improve your health:

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What self-care/ esteem building activity will you engage in this week?

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**Journal Prompt/ Writing Activity: Run your Race**

* Go back to the beginning of the year. Look at the goals you wrote down. If you wrote in your journal read your first journal entry for the year.

Write your feelings so far. How do you feel mentally, physically and emotionally about your goals and the improvements you’d like to make? Have you become complacent? What drives you to move forward? Who or what do you need to let go of or partner with?

**Read-** Proverbs 24:16, Psalms 23



Each week you will be given motivation, practical tools or YouTube videos that is relevant to the Week’s Prompt/ Activity. Videos may not work directly from clicking on the link provided.

\*You may need to highlight, copy the link, go to YouTube and enter it directly into the YouTube Browser.

\*You can also place the cursor directly into the link and press enter.

\*Once at the YouTube page you may need to click **Skip Adds** to go directly to the intended content.

**WEEK 26 TOOLS:**

Lessons you should learn before the age of 30- Dr. Myles Munroe

<https://youtu>.be/cA7vngXKHJk

Big Extended Version

<https://youtu.be/0hbYXWhsguA>

Tauren Wells, Kirk Franklin-Millionaire (Good Like That) [Official Music Video]

<https://youtu.be/axwb8w79kFU>