**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 30- July 24 - July 30**

**Assess where you are:** How is your body feeling?How much sleep have you been getting?

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What joys did you experience last week?

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**Be Intentional:** Close your eyes, breathe in, breathe out, focus on your thoughts. Listen to your thoughts, don’t dismiss them, connect with them, breathe in, breathe out, slowly open your eyes. **Write down the thoughts you had. Pick one that you will address this week. Make a plan to address it:**

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Write your Power Statement for the week:

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**Journal Prompt/ Writing Activity: Time wasted cannot be Regained:** Who are what takes up most of your time? How will you reclaim your time? If you were to focus on getting one thing done daily, no matter what, how would your life change?



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 30 TOOLS:**

Manage My Time-10 Time Management Tips

<https://youtu.be/iONDebHX9qk>

One Day At A Time

<https://youtu.be/qducOsuVWHY>