**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 20- May 15- May 21**

**Assess where you are-**What challenges did you have to overcome in the past week?

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What coping mechanisms do you use to get over difficult situations? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be Intentional: Write five positive messages or statements to yourself (feel free to post them somewhere you can see them daily)

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What do you love about yourself in this moment?

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**Journal Prompt/ Writing Activity:**

**Love Yourself First:** Describe a time when you struggled to love yourself? What was happening in your life? What thoughts and emotions did you have about yourself? How were you able to develop positive thoughts and feelings about yourself**?**

**Read-** Jeremiah 31:3, 1 John 4:19



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 20 TOOLS:**

SELF LOVE | Positive Morning Motivation |LISTEN EVERYDAY

[**https://youtu.be/YuNLNeIorJw**](https://youtu.be/YuNLNeIorJw)

I Am Loved/There is Nothing Better (feat. Naomi Raine) |Maverick City Music |TRIBL

 **https://youtu.be/MVL-yyGJuyM**