**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 10- March 6- March 12**

**Assess where you are-** How are you progressing with achieving your goals? What areas are you experiencing growth or success in? How does that make you feel?
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What can you celebrate?

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What do you need to change or alter to see more improvement? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What thoughts did you entertain last week? Were they affirming or negative?

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Close your eyes, breathe in and out for one minute. Open your eyes and write any thoughts or things that came to mind during this time. Decide what is important and what you can dismiss. The important thoughts/ things incorporate them in your 6 most important things to do this week.

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**Journal Prompt/ Writing Activity:**

**Step by Step: Gratitude Matters**

It’s necessary to pause and acknowledge where you are on your journey, what is working, who is in your corner and the experiences you value.

Take some time to write about the things, people, places, experiences, relationships, moments, etc. that you are grateful for. Be detailed, share your feelings and why you are grateful for what you identify. Pause to connect with the spirit of gratitude as it circulates through your body. What if the only things that are present in your life tomorrow are the things you expressed gratitude for today? How would you live life differently?

**Read-** Psalm 100



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 10 TOOLS:**

**The Power of Gratitude-Oprah Winfrey Speech**

[**https://youtu.be/BlU7q\_wIMVU**](https://youtu.be/BlU7q_wIMVU)

**Official Music Video for “Thankful’ by JJ Hairston**

[**https://youtu.be/p9iN1rYT0K8**](https://youtu.be/p9iN1rYT0K8)