**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



Week 1- January 1- 8

Assess where you are presently.

List your strengths:

1.

2.

3.

List your anchor Scriptures/ Power Statements (verses that provide comfort, reassures you of the promises of God. Statements that you hold true, use as a clear affirmation that aligns with your goals and values)

1.

2.

3

* What thoughts, feelings, beliefs, or ideas are you taking with you into 2022.
* What areas of your life are you happy with? What areas would you like to improve?

What are your Fears/ Limiting beliefs? (List them, pray about them)

List your Core Values

1.

2.

3

What is one major goal or goals you would like to accomplish in 2022? (No more than 5 to ensure focus and completion)

How will you feel once you have accomplish this goal/goals?



Journal Prompt/ Writing Activity:

“Drop all the baggage”

It begins in the Mind- What has happened to you or what things have you done that makes you feel undeserving of God’s love and enjoyment of all the wonderful gifts and blessings He has set aside just for you?

Read – Luke 15: 17-24

Listen to: <https://youtu.be/y81yIo1_3o8>