**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 32- August 7 – August 13**

**Assess where you are-** How are you feeling spiritually? Are you trusting the source?

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How are you progressing with your goals? What can you celebrate? Were you able to highlight and complete one item each day?

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Be Intentional: Highlight and complete one thing each day-No excuse.

Reward yourself at the end of the day when the task is completed.

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Write your power statement for this week:

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**Journal Prompt/ Writing Activity: Mentoring Me to Success**

If you were able to mentor your younger self, what advice, tips, plan, or coaching would you offer? What life experiences would you share? What books should you read? What should you support circle/ network look like?



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 32 TOOLS:**

Winner in Me (Shirley Murdock)

<https://youtu.be/v3x6DnT44II>

Keep Loving Me: (feat. Kelly Price)

<https://youtu.be/4YsNuhZYgN4>

The power of mentoring: Lori Hunt at TEDxCCS

<https://youtu.be/Atme26C0l5E>