**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 11- March 13- March 19**

**Assess where you are-** Reflect on the past week? What is one thing that you did that brought joy/happiness? How did you feel?
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What do you need to do more of? Explain:

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

What is one word that best describe you? Take some time to think before writing the word.

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Be Intentional: List your goals for this week. List your intention/ reason /purpose for wanting to achieve each goal.

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**Journal Prompt/ Writing Activity:**

**Step by Step: Be impeccable with your Words**

Pick one thing about yourself that you believe to be true- like I am shy, I am not a good dancer, I am just not as smart as my sister, I am sick and may get cancer, I am fat and will never be thin/ healthy, etc.

Write a statement to yourself that is the opposite of this belief. Where did this belief come from? Be detailed, speak truth to yourself. Redefine yourself and replace this belief with a different powerful word/ statement- i.e. I am articulate, I am intelligent. I am on my journey to making healthier lifestyle choices that will result in a thinner healthier version of myself**.**

**Read-** **Psalm 139**



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 11 TOOLS:**

**The 1st Agreement-Be impeccable with your word- Don Miguel Ruiz- The Four Agreements**

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

**Travis Greene- Intentional (Official Music Video)**

[**https://youtu.be/VH3f0ellNv8**](https://youtu.be/VH3f0ellNv8)