**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 27- July 3 - July 9**

**Assess where you are-** How did you do last week with your fitness goals?

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What went well last week and why?

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Be Intentional: Is there anything you need to do to take better care of yourself?

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What challenges do you foresee this week? How will you handle them?

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**Journal Prompt/ Writing Activity: Reach back to move Forward-**If you could meet one ancestor who would it be? Why would you like to meet this person? What conversation would you have with this person? Write your conversation.

**Read- Romans 15:4; Ecclesiastes 12: 1**



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 27 TOOLS:**

I Don’t Know About Tomorrow

<https://youtu.be/hppkYAiPaSk>