**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 25- June 19 - June 25**

**Assess where you are-** How are you feeling emotionally?

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Were there any challenges / opportunities for improvement? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be Intentional: List one negative thought and replace it with an affirming thought. Write both thoughts on a piece of paper. Rip up the negative thought. Create a poster of the affirming thought and post it where you can see it. Read it as often as you need to.

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What self-care/ esteem building activity will you engage in this week?

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**Journal Prompt/ Writing Activity: There is power in your testimony**

Share your Testimony. What hurdles have you encountered/overcome? How did you feel? What blessings have manifested in your life. Where are you on your journey presently? How do you encourage yourself daily to move forward to live on purpose and with passion?

**Read- Revelation 12:10-12**



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 25 TOOLS:**

ADA EHI- I Testify

<https://youtu.be/U0SdoQqrE_8>

Your story is your strength | Tiffany Southerland | TEDxVillanovaU

<https://youtu.be/SxPeQda00Co>

There is power in your story | Akosua Dardaine Edwards | TEDxPortofSpain

<https://youtu.be/VH1K7nRGrYc>