**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 5- January 30- February 5**

**Assess where you are-** Where you able to list and accomplish the items on your six most important things list daily? Where there things that you needed to say **No** to accomplish the things on your list?

It takes time to develop new habits. Let’s try it again this week.

**Each day this week- list the six most important things you’d like to accomplish each day. If you don’t accomplish it, roll it over to the next day.**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**Start with a Clear destination in Mind:**  Write your Life Plan/Personal Mission Statement for your life- what you want to achieve in your life. This may take time. Start by identifying your center -categories that are important/ motivate you such as family, money, work, possession, pleasure, friend, enemy, church, self, etc. Incorporate your core values. Be specific and develop a statement that is in alignment with your purpose. This will be the statement you live by, that will motivate you, guide your decision making and keep you on track to fulfill the purpose you were placed on earth to attain.



**Journal Prompt/ Writing Activity:**

**Begin with the End in Mind –Visualize in rich detail your own funeral.** Three persons are allowed to speak at your funeral. Who are they? What are they saying about you? About how you lived your life? About the relationships you had? What do you want them to say? How would your priorities change if you only had 3 years or 30 more days to live? Start living by these priorities.

**Read-** Isaiah 46



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 5 TOOLS:**

**Begin with the End in Mind Habit 2 Part A The Mental Creation 22**

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

**Book - The 7 Habits of Highly Effective People- Stephen R. Covey.**

**Gates Praise Nation- I am Known (Official Audio)**

[**https://youtu.be/CUyt2YupU4A**](https://youtu.be/CUyt2YupU4A)