**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 31- July 31 – August 6**

**Assess where you are-** List what you are thankful for:

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If you could change one thing, what would it be and why?

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Be Intentional: Highlight one thing that you must get done each day this week. Reward yourself at the end of each day once the task is completed.

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Write your power statement for this week:

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**Journal Prompt/ Writing Activity: Deep Dive-**What parts of yourself, your personality, life, or story is difficult to share? Why are you cautious or unwilling to share this information with others? If you were to share it, what do you think would happen?



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 31 TOOLS:**

The power of sharing your story | LeRon L. Barton |TEDxWilsonPark

<https://youtu.be/OgQJKbUs0Qc>

SINACH-I KNOW WHO I AM (Official video)

<https://youtu.be/frtZ4XfoXxM>