**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 2- January 9- 15**

Assess where you are presently -How was your week? What went well/ What didn’t?

**Gratitude Box:** List what you are grateful for (keep a box at home-daily/weekly list what you are grateful for and place it in the box. At the end of the week say a prayer and give thanks.

1.

2.

3.

How did you use your Strengths, Anchor Scriptures/ Power Statements to get you through the week?

Does your Anchor Scriptures/ Power Statements suit your life presently? Do you need to change them? Elaborate. Make changes accordingly.

* What thoughts, feelings, beliefs, or ideas did you have last week? List them. Did you act on any of them? If you did, how did you feel?

Look at the goals you identified last week. Take time to outline your WHY. Why do you want to accomplish this goal/goals? How will you feel when you accomplish it? What do you believe will change or you’ll receive when you achieve it? Create your vision board- <https://youtu.be/qXsYKpnBrF4>



Journal Prompt/ Writing Activity:

“Picture it, it’s ok to dream again!”

A Spirit of Expectancy- What do you want a day in your life to look like a year from now? Be detailed and descriptive. Describe how you’d like your day to be from beginning to end. What are you doing? Where are you working, going to school, living, traveling, what are you purchasing, etc.? What are you eating, how does your body feel, what are you wearing? Who are you spending your time with?

Read – Hebrews 11 Listen to: <https://youtu.be/1RcD1_mifCk> <https://youtu.be/ZIREaGBN4Jw>



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 2 TOOLS:**

How To Make The PERFECT VISION BOARD That Will ACTUALLY Be Effective!

<https://youtu.be/qXsYKpnBrF4>

Steve Harvey -Keep On Faith Street Or Miss Your Blessing

<https://youtu.be/1RcD1_mifCk>

Danny Gokey - Stand In Faith (Official Lyric Video)

<https://youtu.be/ZIREaGBN4Jw>