**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 4- January 23- 29**

**Assess where you are-** How do you feel this week as it pertains to your progress towards your goals? What are your highs and lows so far? Any struggles? What are you celebrating?

**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.**

**Deep Digging**- Find a picture of yourself from 10 years ago and one taken recently. (You can also use a childhood picture for this activity) Look at both pictures, examine them. Try to remember the feelings you had in each moment. What were your thoughts about yourself, what were your thoughts about life?

Talk to the person-yourself- in both pictures. What do you want to say to yourself?



**Journal Prompt/ Writing Activity:**

***Guard your mind*-** Write a letter to your present self in the voice and mindset of your younger self. Share your dreams and aspirations. **Switch-** Now write a letter to your younger self in the voice and mindset of your present-older- self. Share your dreams and aspirations. Read both letters out loud. What differences did you notice? How did you feel doing this activity?

* Do one thing this week that you enjoyed doing as a child- play a game, dance, skate, color, draw, dress-up, play with toys, eat your favorite meal, etc.

**Read** – 2Cor 10:3-5, Prov 15:14, Philippians 4:6-8



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 4 TOOLS:**

Jump Program-No One Ever Made the First Jump- Matrix (1999)- Movie Clip HD Scene

[**https://youtu.be/9cL7HVU-uU4**](https://youtu.be/9cL7HVU-uU4)

**the eye seed only what the mind is prepared to comprehend**

[**https://youtu.be/u14gzTleGSM**](https://youtu.be/u14gzTleGSM)

**This Song Reminds Me of The Power I Have Inside My Mind (Mind Over Matter Song)**

[**https://youtu.be/ov6Af0jxniA**](https://youtu.be/ov6Af0jxniA)