**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 13- March 27- April 2**

**Assess where you are-**What went well last week?
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 What type of support do you need this week? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be Intentional: Presently, what is your plan to improve your overall health and mental wellbeing?

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What is one thing that you need to add or remove from your schedule?

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**Journal Prompt/ Writing Activity:**

**Body and Mind Connect:** Write yourself a letter of encouragement that you can use to keep you motivated and focused when you get discouraged or experience challenges that make you want to give up on your goals. **Be sure to include your WHY, use loving, inspiring and empowering words.**

**Read-** 3 John 1:2 (KJV)



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 13 TOOLS:**

\*Purchase, crayons, coloring pencils and a coloring book. Spend 10 minutes

 daily coloring while listening to your favorite song.

Do These 5 Things Every Morning, See How It Will Change You

<https://youtu.be/CG7SYpMsh6s>

5 Minute Mindfulness Meditation

<https://youtu.be/ssss7V1_eyA>

Mandisa-Overcomer (Official Lyric Video)

<https://youtu.be/z29olPjFbqg>