**Bedford Central Presbyterian Church**

**52 Prompts to Self-Improvement**



**Week 8- February 20- February 26**

**Assess where you are-** What were your highlights last week? If you completed the Release Journal Activity has anything changed since you wrote the letter such as your feelings about what happened, your feelings about the person, your desire for an apology, etc.?

***Do you agree with this statement-***The most important relationship is our relationship with God and ourselves.

Explain:   
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who is the person that you have the most negative/ toxic relationship with?

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Explain how and why your relationship with this person is negative/toxic.

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Who is the person that you have the best /most positive, easy going, loving relationship with?

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Explain how and why your relationship with this person is positive, easy going, loving, etc.:

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**Work Through It-** What can you do to improve the relationship between you and the person you have a negative/toxic relationship with?

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**Journal Prompt/ Writing Activity:**

**Healing your relationships:**

Prepare to have a conversation with the person you wrote the letter to last week. How will you begin the conversation? Write out a role play conversation between you and the person.

**Read-** James 3: 1-12



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 8 TOOLS:**

\*Create and frame a poster with pictures, words, etc. that celebrate and honor the person that you are or the person that you want to become. Place it where you can see it often.

**\***Select your Theme Song-the song that best describe you or motivate you. Listen to it daily. Feel free to choreograph dance moves to this song.