

# Transformation Journal



## "Connected to Wellness"

**1 Corinthians 6:19-20**

**Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.**



**Plan now to use your Transformation Journal daily. The following ways will help you receive the maximum benefits from your journal.**

### **YEARLY**

- \*List miracles, blessings and significant events from the following year**
- \*Write your GOALS for the upcoming year.**

### **MONTHLY**

- \*List your GOALS FOR THE MONTH.**

### **WEEKLY**

- \*For the current week, list your WEEKLY GOALS.**
- \*Write down each Small Group member stated weekly prayer request in the SMALL GROUP MEETING REQUESTS.**
- \*Write down a memory verse to remember.**
- \*At the end of each week, examine your goal list and check off those goals which you completed.**
- \*Write down sermon notes and ideas.**

### **DAILY**

#### **AT THE BEGINNING OF EACH DAY:**

- \*Write down an affirmation for the day to remember for that day (suggestions in the back of journal).**
- \*Set your goals for the day using the DAILY LIST TOP 10. (at the end of the journal).**

#### **AT THE END OF THE DAY:**

- \*Record goals you have achieved.**
- \*Write down any blessing, prayers answered, significant events or ideas.**
- \*Write down any positive things that have happened for that day.**
- \*List one thing that you are thankful for.**







YEARLY PLANNER 2013

|                 | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|--------|--------|---------|-----------|----------|--------|----------|
| <b>JANUARY</b>  |        |        | 1       | 2         | 3        | 4      | 5        |
|                 | 6      | 7      | 8       | 9         | 10       | 11     | 12       |
|                 | 13     | 14     | 15      | 16        | 17       | 18     | 19       |
|                 | 20     | 21     | 22      | 23        | 24       | 25     | 26       |
|                 | 27     | 28     | 29      | 30        | 31       | 1      | 2        |
| <b>FEBRUARY</b> | 3      | 4      | 5       | 6         | 7        | 8      | 9        |
|                 | 10     | 11     | 12      | 13        | 14       | 15     | 16       |
|                 | 17     | 18     | 19      | 20        | 21       | 22     | 23       |
|                 | 24     | 25     | 26      | 27        | 28       | 1      | 2        |
| <b>MARCH</b>    | 3      | 4      | 5       | 6         | 7        | 8      | 9        |
|                 | 10     | 11     | 12      | 13        | 14       | 15     | 16       |
|                 | 17     | 18     | 19      | 20        | 21       | 22     | 23       |
|                 | 24     | 25     | 26      | 27        | 28       | 29     | 30       |
|                 | 31     | 1      | 2       | 3         | 4        | 5      | 6        |
| <b>APRIL</b>    | 7      | 8      | 9       | 10        | 11       | 12     | 13       |
|                 | 14     | 15     | 16      | 17        | 18       | 19     | 20       |
|                 | 21     | 22     | 23      | 24        | 25       | 26     | 27       |
|                 | 28     | 29     | 30      | 1         | 2        | 3      | 4        |
|                 | 5      | 6      | 7       | 8         | 9        | 10     | 11       |
| <b>MAY</b>      | 12     | 13     | 14      | 15        | 16       | 17     | 18       |
|                 | 19     | 20     | 21      | 22        | 23       | 24     | 25       |
|                 | 26     | 27     | 28      | 29        | 30       | 31     | 1        |
|                 | 2      | 3      | 4       | 5         | 6        | 7      | 8        |
| <b>JUNE</b>     | 9      | 10     | 11      | 12        | 13       | 14     | 15       |
|                 | 16     | 17     | 18      | 19        | 20       | 21     | 22       |
|                 | 23     | 24     | 25      | 26        | 27       | 28     | 29       |
|                 | 30     |        |         |           |          |        |          |

YEARLY PLANNER 2013

|                  | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--------|--------|---------|-----------|----------|--------|----------|
| <b>JULY</b>      |        | 1      | 2       | 3         | 4        | 5      | 6        |
|                  | 7      | 8      | 9       | 10        | 11       | 12     | 13       |
|                  | 14     | 15     | 16      | 17        | 18       | 19     | 20       |
|                  | 21     | 22     | 23      | 24        | 25       | 26     | 27       |
|                  | 28     | 29     | 30      | 31        | 1        | 2      | 3        |
| <b>AUGUST</b>    | 4      | 5      | 6       | 7         | 8        | 9      | 10       |
|                  | 11     | 12     | 13      | 14        | 15       | 16     | 17       |
|                  | 18     | 19     | 20      | 21        | 22       | 3      | 24       |
|                  | 25     | 26     | 27      | 28        | 29       | 30     | 31       |
|                  | 1      | 2      | 3       | 4         | 5        | 6      | 7        |
| <b>SEPTEMBER</b> | 8      | 9      | 10      | 11        | 12       | 13     | 14       |
|                  | 15     | 16     | 17      | 18        | 19       | 20     | 21       |
|                  | 22     | 23     | 24      | 25        | 26       | 27     | 28       |
|                  | 29     | 30     | 1       | 2         | 3        | 4      | 5        |
|                  | 6      | 7      | 8       | 9         | 10       | 11     | 12       |
| <b>OCTOBER</b>   | 13     | 14     | 15      | 16        | 17       | 18     | 19       |
|                  | 20     | 21     | 22      | 23        | 24       | 25     | 26       |
|                  | 27     | 28     | 29      | 30        | 31       | 1      | 2        |
|                  | 3      | 4      | 5       | 6         | 7        | 8      | 9        |
|                  | 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| <b>NOVEMBER</b>  | 17     | 18     | 19      | 20        | 21       | 22     | 23       |
|                  | 24     | 25     | 26      | 27        | 28       | 29     | 30       |
|                  | 1      | 2      | 3       | 4         | 5        | 6      | 7        |
|                  | 8      | 9      | 10      | 11        | 2        | 13     | 14       |
|                  | 15     | 16     | 17      | 18        | 19       | 20     | 21       |
| <b>DECEMBER</b>  | 22     | 23     | 24      | 25        | 26       | 27     | 28       |
|                  | 29     | 30     | 31      |           |          |        |          |
|                  |        |        |         |           |          |        |          |
|                  |        |        |         |           |          |        |          |
|                  |        |        |         |           |          |        |          |



# January 2013

| SUNDAY | MONDAY                          | TUESDAY             | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------|---------------------|-----------|----------|--------|----------|
|        |                                 | 1<br>New Year's Day | 2         | 3        | 4      | 5        |
| 6      | 7                               | 8                   | 9         | 10       | 11     | 12       |
| 13     | 14                              | 15                  | 16        | 17       | 18     | 19       |
| 20     | 21<br>Martin Luther<br>King Day | 22                  | 23        | 24       | 25     | 26       |
| 27     | 28                              | 29                  | 30        | 31       |        |          |







**January 1-5**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**January 6-12**

**Weekly Goals**

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|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**January 13-19**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**January 20-26**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

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Tuesday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**January 27-31**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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# February 2013

| SUNDAY | MONDAY               | TUESDAY | WEDNESDAY           | THURSDAY              | FRIDAY | SATURDAY |
|--------|----------------------|---------|---------------------|-----------------------|--------|----------|
|        |                      |         |                     |                       | 1      | 2        |
| 3      | 4                    | 5       | 6                   | 7                     | 8      | 9        |
| 10     | 11                   | 12      | 13<br>Ash Wednesday | 14<br>Valentine's Day | 15     | 16       |
| 17     | 18<br>Presidents Day | 19      | 20                  | 21                    | 22     | 23       |
| 24     | 25                   | 26      | 27                  | 28                    |        |          |









**February 3-9**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

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*Tuesday Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**February 10-16**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**February 17-23**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**February 24-28**

**Weekly Goals**

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| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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# March 2013

| SUNDAY                             | MONDAY | TUESDAY            | WEDNESDAY               | THURSDAY | FRIDAY                | SATURDAY |
|------------------------------------|--------|--------------------|-------------------------|----------|-----------------------|----------|
|                                    |        |                    |                         |          | 1                     | 2        |
| 3                                  | 4      | 5                  | 6                       | 7        | 8                     | 9        |
| 10<br><br><b>Daylight Savings</b>  | 11     | 12                 | 13                      | 14       | 15                    | 16       |
| 17<br><br><b>St. Patrick's Day</b> | 18     | 19                 | 20<br><br>Spring Begins | 21       | 22                    | 23       |
| 24<br><br>Palm Sunday              | 25     | 26<br><br>Passover | 27                      | 28       | 29<br><br>Good Friday | 30       |
| 31<br><br><b>Easter</b>            |        |                    |                         |          |                       |          |







**March 1-2**

**Weekly Goals**

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Memory Verse for Week:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

**March 3-9**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**March 10-16**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**March 17-23**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**March 24-31**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday /Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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# April 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY                                | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|--|----------|--------|----------|
|        | 1      | 2       | 3  | 4        | 5      | 6        |
| 7      | 8      | 9       | 10                                       | 11       | 12     | 13       |
| 14     | 15     | 16      | 17                                       | 18       | 19     | 20       |
| 21     | 22     | 23      | 24<br>Administrative<br>Professional Day | 25       | 26     | 27       |
| 28     | 29     | 30      |  |          |        |          |







April 1-6

Weekly Goals

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**April 7-13**

**Weekly Goals**

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Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**April 14-20**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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April 21-27

Weekly Goals

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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April 28-30

Weekly Goals

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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# May 2013

| SUNDAY                        | MONDAY                 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|------------------------|---------|-----------|----------|--------|----------|
|                               |                        |         | 1         | 2        | 3      | 4        |
| 5                             | 6                      | 7       | 8         | 9        | 10     | 11       |
| 12<br><br><b>Mother's Day</b> | 13                     | 14      | 15        | 16       | 17     | 18       |
| 19                            | 20                     | 21      | 22        | 23       | 24     | 25       |
| 26                            | 27<br><br>Memorial Day | 28      | 29        | 30       | 31     |          |





**May 1-4**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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*Saturday Write down Positive Affirmation for Day:*

Journal for Day:

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May 5-11

Weekly Goals

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 12-18**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 19-25**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**May 26-31**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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# June 2013

| SUNDAY             | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY              | SATURDAY |
|--------------------|--------|---------|-----------|----------|---------------------|----------|
|                    |        |         |           |          |                     | 1        |
| 2                  | 3      | 4       | 5         | 6        | 7                   | 8        |
| 9                  | 10     | 11      | 12        | 13       | 14                  | 15       |
| 16<br>Father's Day | 17     | 18      | 19        | 20       | 21<br>Summer Begins | 22       |
| 23                 | 24     | 25      | 26        | 27       | 28                  | 29       |
| 30                 |        |         |           |          |                     |          |





**June 1-8**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Saturday/Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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Monday *Write down Positive Affirmation for Day:*

Journal for Day:

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Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 9-15**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 16-22**

**Weekly Goals**

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13

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Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:



Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**June 23-30**

**Weekly Goals**

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12

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Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday/Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

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# July 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      | 31        |          |        |          |





**July 1-6**

**Weekly Goals**

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_  
5 \_\_\_\_\_  
6 \_\_\_\_\_  
7 \_\_\_\_\_

8 \_\_\_\_\_  
9 \_\_\_\_\_  
10 \_\_\_\_\_  
11 \_\_\_\_\_  
12 \_\_\_\_\_  
13 \_\_\_\_\_  
14 \_\_\_\_\_

Memory Verse for Week:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 7-13**

**Weekly Goals**

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Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 14-20**

**Weekly Goals**

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14

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 21-27**

**Weekly Goals**

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2

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11

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12

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13

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14

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**July 28-31**

**Weekly Goals**

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12

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13

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14

Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday/Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

# August 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           | 1        | 2      | 3        |
| 4      | 5      | 6       | 7         | 8        | 9      | 10       |
| 11     | 12     | 13      | 14        | 15       | 16     | 17       |
| 18     | 19     | 20      | 21        | 22       | 23     | 24       |
| 25     | 26     | 27      | 28        | 29       | 30     | 31       |







**August 1-3**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 4-10**

**Weekly Goals**

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14

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 11-17**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

**Memory Verse for Week:**

*Sunday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Monday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Tuesday Write down Positive Affirmation for Day:*

**Journal for Day:**

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Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 18-24**

**Weekly Goals**

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14

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:



Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**August 25-31**

**Weekly Goals**

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14

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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# September 2013

| SUNDAY                         | MONDAY | TUESDAY | WEDNESDAY | THURSDAY           | FRIDAY | SATURDAY         |
|--------------------------------|--------|---------|-----------|--------------------|--------|------------------|
| 1                              | 2      | 3       | 4         | 5<br>Rosh Hashanah | 6      | 7                |
| 8<br>National Grandparents Day | 9      | 10      | 11        | 12                 | 13     | 14<br>Yom Kippur |
| 15                             | 16     | 17      | 18        | 19                 | 20     | 21               |
| 22<br>Fall Begins              | 23     | 24      | 25        | 26                 | 27     | 28               |
| 29                             | 30     |         |           |                    |        |                  |





**September 1-7**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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**September 8-14**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

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Tuesday *Write down Positive Affirmation for Day:*

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**September 15-21**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

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Tuesday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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**September 22-28**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**September 29-30**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

# October 2013

| SUNDAY | MONDAY             | TUESDAY | WEDNESDAY               | THURSDAY                 | FRIDAY | SATURDAY |
|--------|--------------------|---------|-------------------------|--------------------------|--------|----------|
|        |                    | 1       | 2                       | 3                        | 4      | 5        |
| 6      | 7                  | 8       | 9                       | 10                       | 11     | 12       |
| 13     | 14<br>Columbus Day | 15      | 16<br>National Boss Day | 17                       | 18     | 19       |
| 20     | 21                 | 22      | 23                      | 24<br>United Nations Day | 25     | 26       |
| 27     | 28                 | 29      | 30                      | 31<br>Halloween          |        |          |







**October 1-5**

**Weekly Goals**

|   |    |
|---|----|
| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

**Memory Verse for Week:**

*Sunday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Monday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Tuesday Write down Positive Affirmation for Day:*

**Journal for Day:**

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Saturday *Write down Positive Affirmation for Day:*

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**October 6-12**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**October 13-19**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

*Monday Write down Positive Affirmation for Day:*

Journal for Day:

*Tuesday Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

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Thursday *Write down Positive Affirmation for Day:*

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Friday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**October 20-26**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**October 27-31**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



# November 2013

| SUNDAY                    | MONDAY                 | TUESDAY               | WEDNESDAY | THURSDAY                   | FRIDAY | SATURDAY |
|---------------------------|------------------------|-----------------------|-----------|----------------------------|--------|----------|
|                           |                        |                       |           |                            | 1      | 2        |
| 3<br><br>Daylight Savings | 4                      | 5<br><br>Election Day | 6         | 7                          | 8      | 9        |
| 10                        | 11<br><br>Veterans Day | 12                    | 13        | 14                         | 15     | 16       |
| 17                        | 18                     | 19                    | 20        | 21                         | 22     | 23       |
| 24                        | 25                     | 26                    | 27        | 28<br><br>Thanksgiving Day | 29     | 30       |











**November 3-9**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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*Monday Write down Positive Affirmation for Day:*

Journal for Day:

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*Tuesday Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 10-16**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

**Memory Verse for Week:**

*Sunday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Monday Write down Positive Affirmation for Day:*

**Journal for Day:**

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*Tuesday Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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**November 17-23**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

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**November 24-30**

**Weekly Goals**

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| 1 | 8  |
| 2 | 9  |
| 3 | 10 |
| 4 | 11 |
| 5 | 12 |
| 6 | 13 |
| 7 | 14 |

**Memory Verse for Week:**

*Sunday Write down Positive Affirmation for Day:*

*Journal for Day:*

*Monday Write down Positive Affirmation for Day:*

*Journal for Day:*

*Tuesday Write down Positive Affirmation for Day:*

*Journal for Day:*



Wednesday *Write down Positive Affirmation for Day:*

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Saturday *Write down Positive Affirmation for Day:*

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# December 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY           | THURSDAY | FRIDAY | SATURDAY            |
|--------|--------|---------|---------------------|----------|--------|---------------------|
| 1      | 2      | 3       | 4                   | 5        | 6      | 7                   |
| 8      | 9      | 10      | 11                  | 12       | 13     | 14                  |
| 15     | 16     | 17      | 18                  | 19       | 20     | 21<br>Winter Begins |
| 22     | 23     | 24      | 25<br>Christmas Day | 26       | 27     | 28                  |
| 29     | 30     | 31      |                     |          |        |                     |

Group Meeting Prayer Requests

December 1-7

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December 8-14

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December 29-31

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**December 1-7**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

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Wednesday *Write down Positive Affirmation for Day:*

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**December 8-14**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

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**December 15-21**

**Weekly Goals**

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Memory Verse for Week:

*Sunday Write down Positive Affirmation for Day:*

Journal for Day:

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Saturday *Write down Positive Affirmation for Day:*

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**December 29-31**

**Weekly Goals**

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Memory Verse for Week:

Sunday *Write down Positive Affirmation for Day:*

Journal for Day:

Monday *Write down Positive Affirmation for Day:*

Journal for Day:

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:



## AFFIRMATIONS

You are healthy and strong  
All guilt, resentment, and blame are gone  
You dwell in the power of the living God, the great God, the all powerful God  
I love God and surrender to his power  
I accept him, love him, and cherish him  
I love the me found in God  
I'm alive in God's perfect image of me  
In God's power I can control my present and future  
I am strong in the spirit of God  
I understand how life works and become better at succeeding  
I am in complete control of my mind and body  
Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately  
I choose joy in God  
I choose health in God  
I love God, I love myself as he loves me  
I perceive God mentally, physically, and emotionally  
You exist in God's perfect image  
You are a child of God created in his image  
You have access to unlimited peace power and joy  
You are cleansed of all negativity  
God's holiness and purity dwell in you  
You are surrounded by God's magnificent and powerful energy  
Peace and love flow through your body  
I am living and breathing his peace and love  
God is ever present and all knowing  
His power and light is always available to you  
I am a child of the living God created in his image  
I am secure in my faith of God  
I rest in my faith  
I am calm in my faith  
His light shines on me  
I am at peace  
You exist in Gods perfect image  
You are a child of God created in his image  
You have access to unlimited peace power and joy  
You are cleansed of all negativity  
God's holiness and purity dwell in you  
You are surrounded by Gods magnificent and powerful energy  
Peace and love flow through your body  
I am living and breathing his peace and love  
God is ever present and all knowing  
His power and light is always available to you  
I am a child of the living God created in his image  
I am secure in my faith of God  
I rest in my faith  
I am calm in my faith  
His light shines on me  
I am at peace

## AFFIRMATIONS

I feel God's serenity in my soul  
God's peace dwells in me  
I feel God's eternal love and peace in me  
I easily adapt to any situation  
God's glory fills the earth  
God's glory makes me happier and healthier every day  
I can feel his glory all around me  
I accept and embrace whole heartedly the word of God  
I love to read Gods holy word  
I replace negative thoughts with the word of God  
I love to fill my mind with the word of God  
I see things with humor, I am happy and joyful  
God's power is in me  
I am loving and respectful  
I love God with all my heart, with all my soul, and with all my mind  
I am whole and complete with God  
My inner senses are open to the spirit of God  
You are healthy and strong  
All guilt, resentment, and blame are gone  
You dwell in the power of the living God, the great God, the all powerful God  
I love God and surrender to his power  
I accept him, love him, and cherish him  
I love the me found in God  
I'm alive in God's perfect image of me  
In Gods power I can control my present and future  
I am strong in the spirit of God  
I understand how life works and become better at succeeding  
I am in complete control of my mind and body  
Anytime I choose I can reflect on the power of God given to me to break any negative cycle immediately  
I choose joy in God  
I choose health in God  
I love God, I love myself as he loves me  
I perceive God mentally, physically, and emotionally  
I am fully aware of Gods presence in my life  
I am becoming healthier and stronger in God everyday  
My self esteem grows daily because his presence grows in me everyday  
I release all negative feelings  
I cancel and reject any negative feeling and emotion, instead my mind is completely focused on the glory of God and his image in Jesus Christ  
I often visualize the power of God flowing through me enhancing my talents and abilities  
I see the world as God sees it, filled with his glory  
God is great  
I am more and more confident in God's power everyday  
God is my source of loving, powerful energy. He strengthens me more and more everyday  
I learn to grow with every situation in life and live my life to the fullest  
I am filled with positive expectation when I pray and live my life for God  
With God all things are possible. I am optimistic and confident in God. I love God.  
I am happy in the preference of God. I love being with God  
In the spirit of God I am warm, friendly, loving, and loveable

## AFFIRMATIONS

I can do all things though Christ who loves me  
I am not conformed to this world, instead my mind is renewed by the spirit of God who dwells in me  
It is through his spirit I know the perfect will of God  
His spirit brings safety, security, and counsel  
I can see and hear God because I take time out everyday to focus my mind on his holy spirit. I love doing this because his spirit becomes alive in me  
In his spirit I am positive, I am calm, and at peace with God  
His spirit dwells in me  
I have supernatural concentration  
I think in the mind of God  
My mind is always focused on the things of God as they pertain to my life  
Christ said he has overcome the world. And everything in the world is his  
I have complete dominion over my life, my mind, my body, and even the world.  
He said I would do greater things than he.  
I now celebrate this realization rejoicing in the spirit of God, thank you God  
Everyday the spirit of God transforms me more and more to his likeness  
You are positive and confident in the spirit of God  
Deep down you know that living in God's power, love, and wisdom is possible  
All positive changes are taking place right now  
Opportunity and possibility has opened for you  
You are adaptive and flexible  
You have the ability to make anything into a positive experience  
You are a child of the living God  
You are endowed with grace and power from his throne  
You are now aware of your unlimited potential  
With God all things are possible  
You now feel the power of God, his peace, and his instruction  
You now have more assurance in the spirit of God than ever before  
You are becoming more confident and positive in the spirit of God each day  
You are becoming more motivated and assertive each day  
You have a thirst for the word of God and enjoy learning by following his instruction  
The Holy Spirit is alive in you now. You can feel it, it is the spiritual movement of God within you.  
Your spiritual senses are fully awake and sensitive to the spirit of God within  
The more you feel and enjoy the presence of God, the more real it becomes  
You are the walking, talking, spirit of God, all peace, love, and knowledge dwell in you now  
You enjoy experiencing God this way, it gives you a great deal of joy, and peace radiates from you  
People can feel God's peace radiating from you. This is how you've chosen to live your life and you operate beautifully  
I take time to meditate on the word of God  
The word of God is beautiful to me  
I enjoy spending time with God  
My time with God is filled with His holy presence and it gives me peace  
I love spending time with God  
Every time I read the word of God I feel the Holy Spirit light up in me  
The Holy Spirit gives me fresh revelation everyday  
I love to think in the Holy Spirit  
The Holy Spirit is the mind of God  
I have the mind of God  
I have the mind of Christ, in him knowledge is revealed  
I am a child of the living God  
I am created in his image  
I can feel God's loving and peaceful presence in me  
I have a loving and grateful heart toward God

## AFFIRMATIONS

You are becoming more confident and positive in the power of God each day  
Your strength comes from God  
You are now very aware of the power of God within you; you can see it and feel it  
You are falling in love with your life because God is in all things  
God is everywhere  
You are free in the spirit of God. Your mind is filled with his power  
Your memory is unlimited. You have a supernatural ability to remember  
You know the spirit of God dwells in you. This is your new reality  
You walk in the spirit  
You talk in the spirit  
You think in the spirit  
You are made whole and new in the spirit  
You love to pray  
You love to study the word of God  
In Christ you are one body and one mind



# Connected to Wellness?

*Check out this green light up carabiner.*

**Is it fair to say that this item was designed and put together by someone or something?** Just like the flashlight carabiner we were designed and made. Our designer was God. He made everyone with a unique DNA structure that makes them special.

**Is it fair to say that this flashlight carabiner is made of the earth and part of the earth?** Just like this carabiner we are of the earth. We are connected to earthly objects, desires and ideas. We are affected by our physical, chemical, and emotional environment.

**Is it fair to say that this flashlight carabiner was made to create light?** Just like this carabiner we were made to create. The first acts of God were to create. We are made in his image so we to want to create. Are you creating for God or for Earthly desires, self?

**Is it fair to say that one day the battery on this flashlight carabiner will die?** Just like this flashlight carabiner our earthly bodies will let us down and we will die. Just like all earthly ideas, desires, and objects. If you put your hope in earthly things you will always be heartbroken, let down, disappointed and upset. Everything earthly will let us down eventually (sports teams, jobs, money, family/friends, car, house, pets, health, etc). Have you seen anyone over 150 lately?

**Is it fair to say that this flashlight carabiner was designed to stay connected and shine light when activated?** Just like this flashlight carabiner we are designed to be of the earth and to shine light. When we stay connected to God we are on purpose. The only time we are on purpose is when we stay connected to God by reading/studying the Bible, prayer, meditation, worship, praise, and acting in God's love. When we lose our connection to God then we are only connected to earthly things. Our goal is to stay connected and on purpose.

**Is it fair to say that this flashlight carabiner has a silver latch that keeps it safe and secure?** Just like the flashlight carabiner's latch God came to earth and created a force to secure an eternal connection to Him. He did this as Jesus and died on a worldly cross and then rose from the grave three days later. By doing this he conquered the earth. You can't find his earthly body anywhere. He left a guide called the Holy Spirit that resides in our earthly bodies when we accept Him into our lives. When we accept God into our lives we are promised an eternal connection to Him and eternal life. By placing your faith in God you can feel secure that God is always there for you even when all earthly things let you down. This is seen in all Universal Principles because God is everywhere and in all time.

**Keep this flashlight carabiner and press the button while asking yourself about the problems you are having or decisions you need to make.** Are you creating for yourself or for God? One makes your life fulfilling and meaningful and the other empty/meaningless. Your purpose is to stay connected to God and create a loving environment. When you are having problems remember that God wants to be connected to you and has already conquered the earth through his son Jesus and has left behind a life coach called the Holy Spirit. Test yourself to see if what you are doing, thinking and saying are allowing you to be connected to God and be on purpose. If not then read the Bible, pray, get advice from others connected to God (people, books, DVDs, groups, church, songs, and etc.), think and visualize what Jesus would do, listen to the Holy Spirit, study universal principles to see how the gospel story is playing out and then act for God. Minimize earthly things that are interfering with this connection and expect great things by your connection to God.



## Are You Connected?

Standing Stone

(version 3)

Dedicated to Barbara Canova

**Daily List  
2013**

make multiple copies

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1

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**Affirmation:**

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**Memory Verse:**

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**Daily List  
2013**

make multiple copies

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**Affirmation:**

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**Memory Verse:**

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# New International Version: Chronological

Read the Bible as its events occurred in real time.

Jan 1: Gen 1-3

Jan 2: Gen 4-7

Jan 3: Gen 8-11

Jan 4: Job 1-5

Jan 5: Job 6-9

Jan 6: Job 10-13

Jan 7: Job 14-16

Jan 8: Job 17-20

Jan 9: Job 21-23

Jan 10: Job 24-28

Jan 11: Job 29-31

Jan 12: Job 32-34

Jan 13: Job 35-37

Jan 14: Job 38-39

Jan 15: Job 40-42

Jan 16: Gen 12-15

Jan 17: Gen 16-18

Jan 18: Gen 19-21

Jan 19: Gen 22-24

Jan 20: Gen 25-26

Jan 21: Gen 27-29

Jan 22: Gen 30-31

Jan 23: Gen 32-34

Jan 24: Gen 35-37

Jan 25: Gen 38-40

Jan 26: Gen 41-42

Jan 27: Gen 43-45

Jan 28: Gen 46-47

Jan 29: Gen 48-50

Jan 30: Ex 1-3

Jan 31: Ex 4-6

Feb 1: Ex 7-9

Feb 2: Ex 10-12

Feb 3: Ex 13-15

Feb 4: Ex 16-18

Feb 5: Ex 19-21

Feb 6: Ex 22-24

Feb 7: Ex 25-27

Feb 8: Ex 28-29

Feb 9: Ex 30-32

Feb 10: Ex 33-35

Feb 11: Ex 36-38

Feb 12: Ex 39-40

Feb 13: Lev 1-4

Feb 14: Lev 5-7

Feb 15: Lev 8-10

Feb 16: Lev 11-13

Feb 17: Lev 14-15

Feb 18: Lev 16-18

Feb 19: Lev 19-21

Feb 20: Lev 22-23

Feb 21: Lev 24-25

Feb 22: Lev 26-27

May 3: Ps 106-107

May 4: 2Sam 5:11-6:23; 1Chron 13-16

May 5: Ps 1-2/15/22-24/47/68

May 6: Ps 89/96/100-101/105/132

May 7: 2Sam 7; 1Chron 17

May 8: Ps 25/29/33/36/39

May 9: 2Sam 8-9; 1Chron 18

May 10: Ps 50/53/60/75

May 11: 2Sam 10; 1Chron 19; Ps 20

May 12: Ps 65-67/69-70

May 13: 2Sam 11-12; 1Chron 20

May 14: Ps 32/51/86/122

May 15: 2Sam 13-15

May 16: Ps 3-4/12-13/28/55

May 17: 2Sam 16-18

May 18: Ps 26/40/58/61-62/64

May 19: 2Sam 19-21

May 20: Ps 5/38/41-42

May 21: 2Sam 22-23; Ps 57

May 22: Ps 95/97-99

May 23: 2Sam 24; 1Chron 21-22; Ps 30

May 24: Ps 108-110

May 25: 1Chron 23-25

May 26: Ps 131/138-139/143-145

May 27: 1Chron 26-29; Ps 127

May 28: Ps 111-118

May 29: 1King 1-2; Ps 37/71/94

May 30: Ps 119:1-88

May 31: 1King 3-4; 2Chron 1; Ps 72

Jun 1: Ps 119:89-176

Jun 2: Solomon

Jun 3: Prov 1-3

Jun 4: Prov 4-6

Jun 5: Prov 7-9

Jun 6: Prov 10-12

Jun 7: Prov 13-15

Jun 8: Prov 16-18

Jun 9: Prov 19-21

Jun 10: Prov 22-24

Jun 11: 1King 5-6; 2Chron 2-3

Jun 12: 1King 7; 2Chron 4

Jun 13: 1King 8; 2Chron 5

Jun 14: 2Chron 6-7; Ps 130

Jun 15: Ps 134/146-150

Jun 16: 1King 9; 2Chron 8

Jun 17: Prov 25-26

Jun 18: Prov 27-29

Jun 19: Ecc 1-6

Jun 20: Ecc 7-12

Jun 21: 1King 10-11; 2Chron 9

Jun 22: Prov 30-31

Jun 23: 1King 12-14

Jun 24: 2Chron 10-12

Sep 2: Ezek 20-21

Sep 3: Ezek 22-23

Sep 4: Ezek 24-27

Sep 5: Ezek 28-31

Sep 6: Ezek 32-34

Sep 7: Ezek 35-37

Sep 8: Ezek 38-39

Sep 9: Ezek 40-41

Sep 10: Ezek 42-43

Sep 11: Ezek 44-45

Sep 12: Ezek 46-48

Sep 13: Joel

Sep 14: Dan 1-3

Sep 15: Dan 4-6

Sep 16: Dan 7-9

Sep 17: Dan 10-12

Sep 18: Ezra 1-3

Sep 19: Ezra 4-6; Ps 137

Sep 20: Haggai

Sep 21: Zech 1-7

Sep 22: Zech 8-14

Sep 23: Est 1-5

Sep 24: Est 6-10

Sep 25: Ezra 7-10

Sep 26: Neh 1-5

Sep 27: Neh 6-7

Sep 28: Neh 8-10

Sep 29: Neh 11-13; Ps 126

Sep 30: Malachi

Oct 1: Luke 1; John 1:1-14

Oct 2: Matt 1; Luke 2:1-38

Oct 3: Matt 2; Luke 2:39-52

Oct 4: Matt 3; Mark 1; Luke 3

Oct 5: Matt 4; Luke 4-5; John 1:15-51

Oct 6: John 2-4

Oct 7: Mark 2

Oct 8: John 5

Oct 9: Matt 12:1-21; Mark 3; Luke 6

Oct 10: Matt 5-7

Oct 11: Matt 8:1-13; Luke 7

Oct 12: Matt 11

Oct 13: Matt 12:22-50; Luke 11

Oct 14: Matt 13; Luke 8

Oct 15: Matt 8:14-34; Mark 4-5

Oct 16: Matt 9-10

Oct 17: Matt 14; Mark 6; Luke 9:1-17

Oct 18: John 6

Oct 19: Matt 15; Mark 7

Oct 20: Matt 16; Mark 8; Luke 9:18-27

Oct 21: Matt 17; Mark 9; Luke 9:28-62

Oct 22: Matt 18

Oct 23: John 7-8

Oct 24: John 9:1-10:21

Feb 23: Num 1-2  
Feb 24: Num 3-4  
Feb 25: Num 5-6  
Feb 26: Num 7  
Feb 27: Num 8-10  
Feb 28/29: Num 11-13  
Mar 1: Num 14-15; Ps 9  
Mar 2: Num 16-17  
Mar 3: Num 18-20  
Mar 4: Num 21-22  
Mar 5: Num 23-25  
Mar 6: Num 26-27  
Mar 7: Num 28-30  
Mar 8: Num 31-32  
Mar 9: Num 33-34  
Mar 10: Num 35-36  
Mar 11: Deut 1-2  
Mar 12: Deut 3-4  
Mar 13: Deut 5-7  
Mar 14: Deut 8-10  
Mar 15: Deut 11-13  
Mar 16: Deut 14-16  
Mar 17: Deut 17-20  
Mar 18: Deut 21-23  
Mar 19: Deut 24-27  
Mar 20: Deut 28-29  
Mar 21: Deut 30-31  
Mar 22: Deut 32-34; Ps 91  
Mar 23: Josh 1-4  
Mar 24: Josh 5-8  
Mar 25: Josh 9-11  
Mar 26: Josh 12-15  
Mar 27: Josh 16-18  
Mar 28: Josh 19-21  
Mar 29: Josh 22-24  
Mar 30: Jud 1-2  
Mar 31: Jud 3-5  
Apr 1: Jud 6-7  
Apr 2: Jud 8-9  
Apr 3: Jud 10-12  
Apr 4: Jud 13-15  
Apr 5: Jud 16-18  
Apr 6: Jud 19-21  
Apr 7: Ruth  
Apr 8: 1Sam 1-3  
Apr 9: 1Sam 4-8  
Apr 10: 1Sam 9-12  
Apr 11: 1Sam 13-14  
Apr 12: 1Sam 15-17  
Apr 13: 1Sam 18-20; Ps 11/59  
Apr 14: 1Sam 21-24  
Apr 15: Ps 7/27/31/34/52  
Apr 16: Ps 56/120/140-142  
Apr 17: 1Sam 25-27  
Apr 18: Ps 17/35/54/63  
Apr 19: 1Sam 28-31; Ps18  
Apr 20: Ps 121/123-125/128-130  
Apr 21: 2Sam 1-4  
Apr 22: Ps 6/8-10/14/16/19/21  
Apr 23: 1Chron 1-2  
Apr 24: Ps 43-45/49/84-85/87  
Apr 25: 1Chron 3-5  
Apr 26: Ps 73/77-78  
Apr 27: 1Chron 6  
Apr 28: Ps 81/88/92-93  
Apr 29: 1Chron 7-10  
Apr 30: Ps 102-104  
May 1: 2Sam 5:1-10; 1Chron 11-12  
May 2: Ps 133  
Jun 25: 1King 15:1-24; 2Chron 13-16  
Jun 26: 1King 15:25-16:34; 2Chron 17  
Jun 27: 1King 17-19  
Jun 28: 1King 20-21  
Jun 29: 1King 22; 2Chron 18  
Jun 30: 2Chron 19-23  
Jul 1: Oba; Ps 82-83  
Jul 2: 2King 1-4  
Jul 3: 2King 5-8  
Jul 4: 2King 9-11  
Jul 5: 2King 12-13; 2Chron 24  
Jul 6: 2King 14; 2Chron 25

Jul 7: Jonah  
Jul 8: 2King 15; 2Chron 26  
Jul 9: Is 1-4  
Jul 10: Is 5-8  
Jul 11: Amos 1-5  
Jul 12: Amos 6-9  
Jul 13: 2Chron 27; Is 9-12  
Jul 14: Micah  
Jul 15: 2Chron 28; 2King 16-17  
Jul 16: Is 13-17  
Jul 17: Is 18-22  
Jul 18: Is 23-27  
Jul 19: 2King 18:1-8; 2Chron 29-31; Ps 48  
Jul 20: Hos 1-7  
Jul 21: Hos 8-14  
Jul 22: Is 28-30  
Jul 23: Is 31-34  
Jul 24: Is 35-36  
Jul 25: Is 37-39; Ps 76  
Jul 26: Is 40-43  
Jul 27: Is 44-48  
Jul 28: 2King 18:9-19:37; Ps 46/80/135  
Jul 29: Is 49-53  
Jul 30: Is 54-58  
Jul 31: Is 59-63  
Aug 1: Is 64-66  
Aug 2: 2King 20-21  
Aug 3: 2Chron 32-33  
Aug 4: Nahum  
Aug 5: 2King 22-23; 2Chron 34-35  
Aug 6: Zephaniah  
Aug 7: Jer 1-3  
Aug 8: Jer 4-6  
Aug 9: Jer 7-9  
Aug 10: Jer 10-13  
Aug 11: Jer 14-17  
Aug 12: Jer 18-22  
Aug 13: Jer 23-25  
Aug 14: Jer 26-29  
Aug 15: Jer 30-31  
Aug 16: Jer 32-34  
Aug 17: Jer 35-37  
Aug 18: Jer 38-40; Ps 74/79  
Aug 19: 2King 24-25; 2Chron 36  
Aug 20: Habakkuk  
Aug 21: Jer 41-45  
Aug 22: Jer 46-48  
Aug 23: Jer 49-50  
Aug 24: Jer 51-52  
Aug 25: Lam 1:1-3:36  
Aug 26: Lam 3:37-5:22  
Aug 27: Ezek 1-4  
Aug 28: Ezek 5-8  
Aug 29: Ezek 9-12  
Aug 30: Ezek 13-15  
Aug 31: Ezek 16-17  
Sep 1: Ezek 18-19  
Oct 25: Luke 10-11; John 10:22-42  
Oct 26: Luke 12-13  
Oct 27: Luke 14-15  
Oct 28: Luke 16-17:10  
Oct 29: John 11  
Oct 30: Luke 17:11-18:14  
Oct 31: Matt 19; Mark 10  
Nov 1: Matt 20-21  
Nov 2: Luke 18:15-19:48  
Nov 3: Mark 11; John 12  
Nov 4: Matt 22; Mark 12  
Nov 5: Matt 23; Luke 20-21  
Nov 6: Mark 13  
Nov 7: Matt 24  
Nov 8: Matt 25  
Nov 9: Matt 26; Mark 14  
Nov 10: Luke 22; John 13  
Nov 11: John 14-17  
Nov 12: Matt 27; Mark 15  
Nov 13: Luke 23; John 18-19  
Nov 14: Matt 28; Mark 16  
Nov 15: Luke 24; John 20-21  
Nov 16: Acts 1-3  
Nov 17: Acts 4-6  
Nov 18: Acts 7-8

Nov 19: Acts 9-10  
Nov 20: Acts 11-12  
Nov 21: Acts 13-14  
Nov 22: James  
Nov 23: Acts 15-16  
Nov 24: Gal 1-3  
Nov 25: Gal 4-6  
Nov 26: Acts 17-18:18  
Nov 27: 1/2Thess  
Nov 28: Acts 18:19-19:41  
Nov 29: 1Cor 1-4  
Nov 30: 1Cor 5-8  
Dec 1: 1Cor 9-11  
Dec 2: 1Cor 12-14  
Dec 3: 1Cor 15-16  
Dec 4: 2Cor 1-4  
Dec 5: 2Cor 5-9  
Dec 6: 2Cor 10-13  
Dec 7: Acts 20:1-3; Rom 1-3  
Dec 8: Rom 4-7  
Dec 9: Rom 8-10  
Dec 10: Rom 11-13  
Dec 11: Rom 14-16  
Dec 12: Acts 20:4-23:35  
Dec 13: Acts 24-26  
Dec 14: Acts 27-28  
Dec 15: Colossians; Philemon  
Dec 16: Ephesians  
Dec 17: Philippians  
Dec 18: 1 Timothy  
Dec 19: Titus  
Dec 20: 1 Peter  
Dec 21: Heb 1-6  
Dec 22: Heb 7-10  
Dec 23: Heb 11-13  
Dec 24: 2 Timothy  
Dec 25: 2 Peter; Jude  
Dec 26: 1 John  
Dec 27: 2/3 John  
Dec 28: Rev 1-5  
Dec 29: Rev 6-11  
Dec 30: Rev 12-18  
Dec 31: Rev 19-22