

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.**

GOALS FOR 2016

Lined writing area with horizontal lines.

YEARLY PLANNER 2016

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY						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
FEBRUARY	31	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
MARCH	28	29	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
APRIL	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
MAY	1	2	3	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
JUNE	29	30	31	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		

YEARLY PLANNER 2016

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

January 2016

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

Group Meeting Prayer Requests

January 1-2

January 3-9

January 10-16

January 17-23

Group Meeting Prayer Requests

January 24-31

Lined area for writing prayer requests.

January 3-9

Weekly Goals

Memory Verse for Week:

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

January 10-16

Weekly Goals

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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

Journal for Day:

February 2016

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

Group Meeting Prayer Requests

February 1-6

February 7-13

February 14-20

February 21-29

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

February 14-20

Weekly Goals

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

February 28-29

Weekly Goals

Two columns of horizontal lines for writing weekly goals.

Memory Verse for Week:

Sunday Write down Positive Affirmation for Day:

Five horizontal lines for writing a Sunday affirmation.

Monday Write down Positive Affirmation for Day:

Section for 'Journal for Day:' with multiple horizontal lines for writing.

March 2015

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

Group Meeting Prayer Requests

March 1-5

Lined area for writing prayer requests for March 1-5.

March 6-12

Lined area for writing prayer requests for March 6-12.

March 13-19

Lined area for writing prayer requests for March 13-19.

March 20-26

Lined area for writing prayer requests for March 20-26.

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

March 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:

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

March 13-19

Weekly Goals

1

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

March 20-26

Weekly Goals

1

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12

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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

Journal for Day:

March 27-31

Weekly Goals

1

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2

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4

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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:

April 2016

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

April 3-9

Weekly Goals

1

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2

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3

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12

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

April 10-16

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

April 17-23

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

April 24-30

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

May 2015

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

Group Meeting Prayer Requests

May 1-7

May 8-14

May 15-21

May 22-28

May 29-31

May 1-7

Weekly Goals

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

Memory Verse for Week:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

May 8-14

Weekly Goals

1

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

May 15-21

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

May 22-28

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

May 29-31

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:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Tuesday Write down Positive Affirmation for Day:

Journal for Day:

June 2016

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 Father's Day	20	21	22	23	24	25
26	27	28	29	30		

Group Meeting Prayer Requests

June 1-4

June 5-11

June 12-18

June 19-25

June 26-30

June 1-4

Weekly Goals

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

Memory Verse for Week:

Wed *Write down Positive Affirmation for Day:*

Journal for Day:

Thursady *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

June 5-11

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

June 12-18

Weekly Goals

1

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2

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3

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12

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

June 19-25

Weekly Goals

1

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

June 26-30

Weekly Goals

1

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2

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

July 2016

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

Group Meeting Prayer Requests

July 1-2

Lined area for prayer requests for July 1-2.

July 4-9

Lined area for prayer requests for July 4-9.

July 10-16

Lined area for prayer requests for July 10-16.

July 17-23

Lined area for prayer requests for July 17-23.

July 24-31

Lined area for prayer requests for July 24-31.

July 1-2

Weekly Goals

Memory Verse for Week:

Friday Write down Positive Affirmation for Day:

Saturday Write down Positive Affirmation for Day:

Journal for Day:

Friday Write down Positive Affirmation for Day:

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

July 17-23

Weekly Goals

1

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12

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

July 24-31

Weekly Goals

1

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

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

Journal for Day:

August 2016

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			

Group Meeting Prayer Requests

August 1-6

August 7-13

August 14-20

August 21-27

August 28-31

August 1-6

Weekly Goals

Memory Verse for Week:

Sunday Write down Positive Affirmation for Day:

Journal for Day:

Monday Write down Positive Affirmation for Day:

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

August 7-13

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

August 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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

August 21-27

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

August 28-31

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 / Wed *Write down Positive Affirmation for Day:*

Journal for Day:

September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Labor Day	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	

Group Meeting Prayer Requests

September 1-3

September 4-10

September 11-17

September 18-24

Sept 25-30

September 1-3

Weekly Goals

1

8

2

9

3

10

4

11

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12

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13

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14

Memory Verse for Week:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

September 4-10

Weekly Goals

1

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12

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

September 11-17

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

September 18-24

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

September 25-30

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:

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

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

October 2016

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

Group Meeting Prayer Requests

October 1-8

October 9-15

October 16-22

October 23-29

October 30-31

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

October 2-8

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

October 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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

October 16-22

Weekly Goals

1

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

October 23-29

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:

October 30-November 5

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 2016

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

Tuesday *Write down Positive Affirmation for Day:*

Journal for Day:

Wed *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

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

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

November 13-19

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:

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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

November 20-26

Weekly Goals

1

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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:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

November 27-30

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:

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:

December 2016

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 Christmas Eve
25 Christmas Day	26	27	28	29	30	31 New Year's Eve

Group Meeting Prayer Requests

December 1-3

December 4-10

December 11-17

December 18-24

December 25-31

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *Write down Positive Affirmation for Day:*

Journal for Day:

Wednesday *Write down Positive Affirmation for Day:*

Journal for Day:

Thursday *Write down Positive Affirmation for Day:*

Journal for Day:

Friday *Write down Positive Affirmation for Day:*

Journal for Day:

Saturday *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
2016**

make multiple copies

1

2

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8

Affirmation:

Memory Verse:

**Daily List
2016**

1

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Affirmation:

Memory Verse:
