Transformation Journal 2025



"Connecting 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.

SMALL GROUP MEMBERS

NAME	NAME	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:
NAME	NAME	NAME
ADDRESS	ADDRESS	ADDRESS
PHONE #'S	PHONE #'S	PHONE #'S
E-MAILS	E-MAILS	E-MAILS
B-DAY	B-DAY	B-DAY
EXTRA:	EXTRA:	EXTRA:

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.

DAILY

AT THE BEGINNING OF EACH DAY:

- *Write down an affirmation for the day to remember for that day (suggestions in the back of iournal).
- *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.

SIGNIFICANT ACHIEVEMENTS FOR 2024

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GOALS FOR 2025

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GOALS FOR 2025

YEARLY PLANNER 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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JANUARY	12	13	14	15	16	17	18
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	26	27	28	29	30	31	1
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FEBRUARY	9	10	11	12	13	14	15
FEB	16	17	18	19	20	21	22
	23	24	25	26	27	28	1
	2	3	4	5	6	7	8
1	9	10	11	12	13	14	15
MARCH	16	17	18	19	20	21	22
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	27	28	29	30	1	2	3
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MAY	18	19	20	21	22	23	24
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JUNE	15	16	17	18	19	20	21
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YEARLY PLANNER 2025

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JULY	13	14	15	16	17	18	19
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_	3	4	5	6	7	8	9
AUGUST	10	11	12	13	14	15	16
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	31	1	2	3	4	5	6
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SEPTEMBER	14	15	16	17	18	19	20
SEPT	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5	6	7	8	9	10	11
CTOBER	12	13	14	15	16	17	18
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NOVEMBER	9	10	11	12	13	14	15
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DECEMBER	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
DEC	21	22	23	24	25	26	27
	28	29	30	31			

January 2025

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January 1-4	
January 5-11	
January 12-18	
January 19-25	

January 26-February 1

January 2025

Goals for this Month

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7	14
Record of Daily Miracles, Prayers And DATE:	nswered, Successes, Strengths, and Blessings
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January 1-4

Memory Verse for Week:

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 Days
Journal for Day:

Janu	ary 5-11
Weel	kly Goals
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Memor	y Verse for Week:
Sunday Write down Positive Affirmation for Day:	
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Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	
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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 Days
Journal for Day:

January	12-18
Weekly	Goals
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3	10
4	11
5	12
6	13
7	14
Memory Ve	erse 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:	
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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 Days
Journal for Day:

January 1	9-25
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Memory Vers	se for Week:
Sunday Write down Positive Affirmation for Day:	
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Journal for Day:	
Maria I. Branco (C. D.	
Monday Write down Positive Affirmation for Day:	
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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:
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Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

January	22-31 Feb 1
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Sunday Write down Positive Affirmation for Day: Journal 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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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 Days
Journal for Day:

February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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February 9-15	
February 16-22	
February 23-28	
February 25-29	

February 2025

Goals for this Month

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DATE:	Record of Daily Miracles, Prayers Answ	rered, Successes, Strengths, and Blessings
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Weekly Goals

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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:
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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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Journal for Day:

	February	y 9-15	
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	Memory Ver	rse for Week:	
Sunday Write down Positiv	ve Affirmation for Day:		
Journal for Day:			
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Monday Write down Posit	ive Affirmation for Day:		
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Journal for Day:			
Tuesday Write down Positi	ve Affirmation for Day:		
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Journal for Day:			
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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 Days
Journal for Day:

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Monday Write down Positiv	e Affirmation for Day:		
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Journal for Day:			
Tuesday Write down Positive	e 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 Days
Journal for Day:

Weekly Goals
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3 10 4 11 5 12 6 13 7 14
4 11 5 12 6 13 7 14
5 12 6 13 7 14
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Memory Verse for Week:
Sunday Write down Positive Affirmation for Day:
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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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Thursday Write down Positive Affirmation for Day:
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Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Day:

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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March 2-8			
March 9-15			
March 16-22			
March 23-29			

March 30-April 5	
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March 2025

Goals for this Month

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Record of Daily Mira	acles, Prayers Answered, Successes, Strengths, and Blessings
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	March 2-8	
	Weekly Goals	
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	Memory Verse for Week:	
Sunday Write down Positive Affirm	nation for Day:	
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Journal for Day:		
Monday Write down Positive Affir	rmation for Day:	
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Journal for Day:		
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Tuesday Write down Positive Affir	mation for Day:	
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Wednesday Write down Positive Affirmation for Day:
Journal for Day:
Thursday Write down Positive Affirmation for Day:
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Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

March 9-15

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	Iemory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Journal for Day:	
Monday Write down Positive Affirmation for Day	y:
Journal for Day:	
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Tuesday Write down Positive Affirmation for Day	<i>?</i> :
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 Days
Journal for Day:

March 16-22

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Monday Write down Positive Affirmation for Day:	
wonday write down I ositive Affirmation for Day.	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
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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 23-29

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	Iemory Verse for Week:
Sunday Write down Positive Affirmation for Day:	
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Monday Write down Positive Affirmation for Day	y:
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Tuesday Write down Positive Affirmation for Day	<i>?</i> :
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 30-April 5

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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:	
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April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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27	28	29	30			
21	20	12)	30			

Group Meeting Prayer Requests

April 1-5	
April 6-12	
April 13-19	
April 20-26	
April 27-May 3	

April 2025

Goals for this Month

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3	10
4	11
5	12
6	13
7	14
Record of Daily Miracles, Pray	ers Answered, Successes, Strengths, and Blessings
	
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April 1-5

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7	14	
	Memory Verse for Week:	
Monday White down Positive Affirm	ation for Dan	
Monday Write down Positive Affirm	ation for Day:	
Journal for Day:		
Tuesday Write down Positive Affirm	nation for Day:	
Journal for Day:		
Wednesdy Write down Positive Affirm	ation for Day:	
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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 Days
Journal for Day:

April 6-12

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Sunday Write down Positive Affirmation fo	Memory Verse for Week: or Day:
Journal for Day:	
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Monday Write down Positive Affirmation	for Day:
Journal for Day:	
Tuesday Write down Positive Affirmation f	or 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 Days
Journal for Day:

April 13-19

1	8
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7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation for I	Dav:
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Journal for Day:	
Monday Wuita dayun Dagitiya Affirmagtion for	Dan
Monday Write down Positive Affirmation for	Day.
Journal 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 Days
Journal for Day:

April 20-26

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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:
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 Days
Journal for Day:

April 27-30

Weekly	Goals
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Memory Sunday Write down Positive Affirmation for Day:	Verse for Week:
Sunday White down I oshive Hymmaton for Day.	
Journal for Day:	
Mandan White days Daviding Affirm sting for Days	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Journal for Day:	

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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18	19	20	21	22	23	24
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25	26	27	28	29	30	

Group Meeting Prayer Requests

May 4-10			
May 11-17			
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May 18-24			
May 25-31			
May 26-31			

May 2025

Goals for this Month

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2	10
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8	16
Record of Daily Miracles, Prayers Answ DATE:	vered, Successes, Strengths, and Blessings
	
	
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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 4-10

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6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation for D	Day:
Journal for Day:	
Monday Write down Positive Affirmation for I	Dav
mic down I ostive Hymmaton for I	Suy.
Journal for Day:	
Tuesday Write down Positive Affirmation for L	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 Days
Journal for Day:

May 11-17

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Sunday Write down Positive Affirmation for Day:	Verse for Week:
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
mic down I oshive 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:
Journal for Day:
Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Journal for Days
Journal for Day:

May 18-24

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6	13
7	14
Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
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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:
Saturday. Write down I ostilve Iggirmation for Day.
January 1 for Days
Journal for Day:

May 25-31

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Memory	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
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Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
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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 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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15	16	15	10	10	20	
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22	23	24	25	26	27	28
29	30					

Group Meeting Prayer Requests

June 1-7	
June 8-14	
June 15-21	
June 22-28	
June 29-July5	

June 2025

Goals for this Month

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DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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Jui	ne 1-7
Week	ly Goals
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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 Days
Journal for Day:

June 8-14

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3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
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Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day	
Tuesday Write down Positive Affirmation for Day:	
January 1 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 Days
Journal for Day:

June 15-21

Weekly	y Gnals
WEEKI	y Guais

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:	
Tuesday Write down I ositive Affirmation for Day.	
January Car Davi	
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 Days
Journal for Day:

June 22-28

Weekly	7 Cools
weekiv	Guais

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
5	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
monady "The down I oshive Hijjii mation 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 Days
Journal for Day:

	June 29-30	
	Weekly Goals	
1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
_	14	
7	Memory Verse for Week:	
unday Write down Positive A	Memory Verse for Week:	
unday Write down Positive A	Memory Verse for Week:	
unday Write down Positive A	Memory Verse for Week:	
unday Write down Positive A	Memory Verse for Week:	
	Memory Verse for Week:	

Journal for Day:

July 2025

SUNDAY	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
10		1.5		1.5	10	10
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Group Meeting Prayer Requests

July 1-5		
July 6-12		
July 13-19		
July 20-26		
July 27-Aug 2		

July 2025

Goals for this Month

1		9
2		10
3		11
4		12
5		13
6		14
7	_	15
8		16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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	July 1-9	
	Weekly Goals	
1	8	
2	9	
3	10	_
4	11	_
5	12	_
6	13	
7	14	
	Memory Verse for Week:	
Tuesday W	to down Positive Affirmation for Day	
ruesaay write	te down Positive Affirmation for Day:	
Journal for Day:	7.	
- 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 Days
Journal for Day:

July 6-12

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
33 3 3	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day	
Tuesday Write down Positive Affirmation for Day:	
January 1 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 Days
Journal for Day:

July 13-19

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
Sunday "The down I oshive Affirmation for Day.	
Journal for Day:	
W. J. W. J. D. W. A. C. D.	
Monday Write down Positive Affirmation for Day:	
Journal 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 Days
Journal for Day:

July 20-26

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
,	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
monady "The down I oshive Hiji mation for Edy.	
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:

July 27-Aug 2

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
33 3 3	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day	
Tuesday Write down Positive Affirmation for Day:	
January 1 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 2025

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 3-9	
August 10-16	
August 17-23	
August 24-30	
August 31– Sept 6	

August 2025

Goals for this Month

l		9
2		10
3		11
4		12
5		13
6		14
7	<u> </u>	15
8		16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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Friday Write down Positive Affirmation for Day:
Journal for Day:
Saturday Write down Positive Affirmation for Day:
Saturady Write down Fositive Affirmation for Day.
Journal for Day:

August 3-9 Weekly Goals 1 2 3 10 4 11 5 12 13 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 Days
Journal for Day:

August 10-16 Weekly Goals 8 1 2 3 10 4 11 5 12 6 13 14 7 Memory Verse for Week: Write down Positive Affirmation for Day: Sunday 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 Days
Journal for Day:

August 17-23

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	Verse for Week:
Sunday Write down Positive Affirmation for Day:	
33 3 3	
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day	
Tuesday Write down Positive Affirmation for Day:	
January 1 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 Days
Journal for Day:

August 24-30

1	8	
2	9	
3	10	
4	11	
5	12	
6	13	
7	14	
	Memory Verse for Week:	
Sunday Write down Positive Affirmati	on for Day:	
Journal for Day:		
Monday Write down Positive Affirmat	tion for Day:	
Journal for Day:		
Tuesday Write down Positive Affirmat	tion for Day:	
Journal for Day:		
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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 Days
Journal for Day:

August 31-September 6

1	8
2	9
3	10
4	11
5	12
6	13
7	14
	Memory Verse for Week:
Sunday Write down Positive Affirmation for Do	<i>zv</i> :
Sanday Write down I oshive Hyprimation for De	
Journal for Day:	
Mandan White days Desitive Affron ation for D)
Monday Write down Positive Affirmation for D	vay.
Journal for Day:	
Journal for Day.	
Tuesday Write down Positive Affirmation for Day:	
y	
Journal for Day:	

September 2025

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
		23				
20	20	20				
28	29	30				

September 2025

Goals for this Month

1	Ò	9
2		10
3		11
4		12
5		13
6		14
7		15
8		16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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September 1-6
September 7-13
September 14-20
September 21-27
September 28-30 October 4

	September 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 Da	TO:
Sunday Write down I ostilve Affirmation for Da	iy.
Journal for Day:	
Journal 101 Day.	
Monday Write down Positive Affirmation for D	Day:
Journal for Day:	
Tuesday Write down Positive Affirmation for D	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 Days
Journal for Day:

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for	Memory Verse for Week: r Day:
Journal for Day:	
Monday Write down Positive Affirmation fo	or Day:
Journal for Day:	
Tuesday Write down Positive Affirmation fo	r 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 Days
Journal for Day:

September 14-20

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation	Memory Verse for Week: a for Day:
Journal for Day:	
W. J. D. W. (0)	
Monday Write down Positive Affirmatio	n for Day:
Journal for Day:	
Tuesday Write down Positive Affirmation	ı for Day:
Journal for Day:	
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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 Days
Journal for Day:

September 21-27

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sanday White down I oshive Hijjii mallon for Day.	
Journal for Day:	
M. J. Will D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
Journal 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 Days
Journal for Day:

September 28-Oct 4

1	8	
2	9	_
3	10	
4	11	
5	12	
6	13	
7	14	
	Memory Verse for Week:	
Sunday Write down Positive Affirm	nation for Day:	
Journal for Day:		
Mandan Waita dan Dagiting Affin		
Monday Write down Positive Affirm	nation for Day.	
Journal for Day		
Journal for Day:		
To a law William Deviling Affin	- Con Dona	
Tuesday Write down Positive Affirm	nation 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 Days
Journal for Day:

October 2025

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	

October 1-4	
October 5-11	
October 12-18	
October 19-25	
October 26-November 1	

October 2025

Goals for this Month

1	Č	9
2		10
3		11
4		12
5		13
6		14
7		15
8		16
DATE:	Record of Daily Miracles, Prayers Answ	vered, Successes, Strengths, and Blessings
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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 Days
Journal for Day:

October 5-11

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Day: Journal for Day:	Verse for Week:
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 Days
Journal for Day:

October 12-18

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation	Memory Verse for Week: a for Day:
Journal for Day:	
W. J. D. W. (0)	
Monday Write down Positive Affirmatio	n for Day:
Journal for Day:	
Tuesday Write down Positive Affirmation	ı for Day:
Journal for Day:	
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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 Days
Journal for Day:

October 19-25

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirmation for Da	Memory Verse for Week: ay:
Journal for Day:	
Monday Write down Positive Affirmation for D	Oay:
Journal for Day:	
Tuesday Write down Positive Affirmation for Do	ay:
Journal for Day:	
<u> </u>	

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 Days
Journal for Day:

October 26-Nov 1

1	8	
2	9	
3	10	
4	11	
5	12	_
6	13	
7	14	
Sunday Write down Positive Affirmati	Memory Verse for Week: ion for Day:	
Journal for Day:		
Monday Write down Positive Affirma	 tion for Day:	
, , , , , , , , , , , , , , , , , , , ,	,	
Journal for Day:		
Tuesday Write down Positive Affirmat	ion for Day:	
Journal for Day:		
Journal IVI 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 Days
Journal for Day:

November 2025

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

November 2-8	
November 9-15	
November 16-22	
November 23-29	
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-	

November 30—December 6

		November 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 I	Positive Affirmation for 1	Day:		
Journal for Day:				
	_		_	
Monday Write down	Positive Affirmation for	Dav:		
,	<i>JJ</i>	,		
Journal for Day:				
<u> </u>				
Tuandan Waita dana	Dogitive Affirmation for	Dan		
Tuesday Write down	Positive Affirmation for I	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 Days
Journal for Day:

November 9-15

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memory V	erse for Week:
Sunday Write down Positive Affirmation for Day:	
Sanday White down I oshive Hijjii mallon for Day.	
Journal for Day:	
M. J. Will D. W. Affron C. D.	
Monday Write down Positive Affirmation for Day:	
Journal 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 Days
Journal for Day:

	Nov	vember 16-22
	W	eekly Goals
1	_	8
2		9
3		10
4		11
5		12
6		13
7		14
	Men	nory Verse for Week:
Sunday	Write down Positive Affirmation for Day:	
Journal fo	or Day:	
Monday	Write down Positive Affirmation for Day:	
Journal fo	or Day:	
Tuesday	Write down Positive Affirmation for Day:	
Tuesday	True down I oshive Hymmunon for Day.	
T 10	D	
Journal fo	or 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 Days
Journal for Day:

N	November 23-29
	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	<i>?</i> :
Journal for Day:	
Monday Write down Positive Affirmation for Da	y:
Journal for Day:	
Tuesday Write down Positive Affirmation for Day	<i>y</i> :
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 Days
Journal for Day:

November 30—December 3 **Weekly Goals** 1 2 3 10 4 11 5 12 6 13 14 Memory Verse for Week: Sunday Write down Positive Affirmation for Day: Journal for Day: Write down Positive Affirmation for Day: Monday Journal for Day: Write down Positive Affirmation for Day: Journal for Day:

December 2025

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	20				
28	29	30				

Group Meeting Prayer Requests

December 1-6	
December 7-13	
December 14-20	
December 21-27	
December 28-31	

December 2025

Goals for this Month

1		9
2		10
3		11
4	_	12
5		13
6		14
7		15
8		16
DATE:	Record of Daily Miracles, Prayers Answer	
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	December	1-6	
	Weekly Go	oals	
1	8		
2	9	_	
3	1	0	
4	1	1	
5	1	2	
6	1	3	
7	1	4	
Sunday Write down Positive Affirm	ation for Day:		
Journal for Day:			
Monday Write down Positive Affirm	nation for Day:		
Journal for Day:			
Tuesday Write down Positive Affirm	ation 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 Days
Journal for Day:

	December 7-13	
	Weekly Goals	
1	8	
2	9	_
3	10	
4	11	
5	12	
6	13	
7	14	
Sunday Write down Positive Affirmation	Memory Verse for Week: on for Day:	
Journal for Day:		
<u> </u>		
Monday Write down Positive Affirmati	ion for Day:	
Journal for Day:		
Tuesday Write down Positive Affirmation	on 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 Days
Journal for Day:

December 14-20

Wool	1,14,	Goals	
vvee	KIV	Guais	ì

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Memo Sunday Write down Positive Affirmation for Day:	ory Verse for Week:
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 Days
Journal for Day:

December 21-27

Weekly Goals

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Sunday Write down Positive Affirma	Memory Verse for Week:
Journal for Day:	
Monday Write down Positive Affirm	tion for Day:
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Journal for Day:	
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T I W . I D ACC	
Tuesday Write down Positive Affirma	non 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:
Triang With a down I oshwe 13,5 which you have
Journal for Day:
Control With Low Project Affirm with Affirm
Saturday Write down Positive Affirmation for Day:
Journal for Day:

December 28-31

TT 7		A 1	
wee	KIV	Goal	LS

1	8
2	9
3	10
4	11
5	12
6	13
7	14
Men Sunday <i>Write down Positive Affirmation for Day</i> :	mory Verse for Week:
Journal for Day:	
Monday Write down Positive Affirmation for Day:	
Journal for Day:	
Tuesday Write down Positive Affirmation for Day:	
Tuesday Write down Positive Affirmation for Day: Journal for Day:	

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

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I am calm in my faith

His light shines on me

I am at peace

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

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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

I can do all things though Christ who loves me

I am not conformed to this world, instead my mind id 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 council

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 you 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 fallowing 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 you life and you operate beautifully

I take time to meditate ion 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 Gods loving and peaceful presence in me

I have a loving and grateful heart toward God

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

Daily List 2025

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Daily List 2025

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8				
Affirmation:				
Memory Verse:				

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 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

Dedicated to Barbara Canova

