

**1 PRAYER**

**PRAISE GOD FOR WHO HE IS:**

GOD YOU ARE
GOD YOU ARE
GOD YOU ARE
GOD YOU ARE
GOD YOU ARE

**THANKSGIVING'S LIST:**

THANK YOU FOR
THANK YOU FOR
THANK YOU FOR
THANK YOU FOR
THANK YOU FOR

**ACHIEVEMENT LIST FROM THE PREVIOUS DAY:**

THANK YOU FOR
THANK YOU FOR
THANK YOU FOR
THANK YOU FOR
THANK YOU FOR

**STRUGGLES/CONFESSIONS:**


**LISTEN TO GOD AND HEAR HE SAY WHO YOU ARE. RECOGNIZE THE POSITIVE IN YOU.**

IN YOU I KNOW I AM
IN YOU I KNOW I AM
IN YOU I KNOW I AM
IN YOU I KNOW I AM
IN YOU I KNOW I AM
IN YOU I KNOW I AM
IN YOU I KNOW I AM
IN YOU I KNOW I AM

**LISTEN TO GOD AND HEAR WHAT HE WANTS YOU TO BE, THE TRANSFORMATION HE WANTS TO GENERATE IN YOU, WHAT YOUR IDENTITY CAN AND SHOULD BE IN CHRIST.**

I WANT TO BE
I WANT TO BE
I WANT TO BE
I WANT TO BE
I WANT TO BE

**CONCERNS LIST - PRAY, TRUST, ASK FOR GUIDANCE, AND RELEASE YOUR PROBLEMS AND WORRIES IN GOD'S HANDS:**


## 2 BIBLE MEDITATION

Scripture: \_\_\_\_\_

\_\_\_\_\_

Truths Learned: \_\_\_\_\_

\_\_\_\_\_

How will you apply that to your life? \_\_\_\_\_

\_\_\_\_\_

## 3 SET GOALS AN PLAN ACTION

Pray and ask the Holy Spirit to guide you in planning your day. Look into your weekly reflection to ensure you will give attention to the areas that need the most and will accomplish your weekly goals. Consider Balance and alignment with your purpose.



# SET INTENTION

How/What do you want to be today? How do you want to feel?

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The 3 most important and urgent goals for this day:

GOAL	ACTIONS

Secondary goals:

GOAL	ACTIONS

**4 SET TIME SLOTS IN YOUR AGENDA AND BE FLEXIBLE AS NEEDS AND URGENCIES MAY CHANGE. DURING THE DAY, ALLOW SMALL BREAKS (5-10 MIN) TO CLEAR YOUR MIND, EXERCISE A LITTLE, BREATHE, CLOSE YOUR EYES, MAKE SHORT PRAYERS, AND REFOCUS.**

If you feel anxious at any moment, break for 2 minutes and pray, meditate, exercise your body, or focus on your senses (beautiful sight, smell, touching something with texture, listening to music or some other sound) to regain internal peace and balance.