PEACE or DESPAIR

30 Day CHALLENGE



"Worrying is like praying for failure."  - John Sutherland

**The Challenge:** Choose to spend the next 30 days experiencing peace – everyday! Commit to putting God first, yourself second and everything else third. This challenge works whether you live in Malibu or Mexico City – whether you are struggling to get off the streets or live in an abundance of wealth.

You’ve got nothing to lose except despair and discouragement. Are you in?

**Use this journal as a daily guide to peace. if things start to turn bad, quickly flash the hand gesture to yourself as a reminder of your commitment.**

**Committing to the Pathway of Peace**

* **God First**

*Begin each day resolving to put God first – His will not your will. A couple of moments in the morning imagining your day with God on your shoulder giving you direction and taking that direction will set your attitude for a peaceful day. End each day reviewing all that happened. Celebrate where you succeeded and learn from where you failed to keep God first.*

* **Yourself Second**

*Each morning choose an activity, time and place that you’ll love yourself. Receive love everyday by doing something that will improve your emotional, intellectual, physical and spiritual health. If you are healthy in mind and spirit, you are better able to take care of everything/ everyone else.*

* **Everything Else, Third**

*As your day begins, take a moment to plan where you will be productive and creative at work, in your relationships and just taking care of the daily grind. At the end of the day, spend some time just saying “thank you,” for what you were able to accomplish.*

**Rejecting the Spiral of Despair**

* **If I put Everything and Everyone Else First…..**

*Recognize that if you spend all your energy fixing the world and not caring for self, you will find life unmanageable – it is impossible to control others or circumstances. Try to keep your opinions and expectations of others to a minimum. Through the day reject the impulse to put everything and everyone else in front of your needs and God’s direction.*

* **If I Put My Focus On What I Don’t Have….**

*When I use phrases like “If I only had…” or “If I had only..” my attitude brings me down because I am living in the past. Each day reject allowing your past actions to define you and reject the illusion that if you only had more, life would be better.*

* **If I put God Last…..**

*When God is either not a part or a super small part of your life, you can easily make the same bad choices over and over again. When putting God last, we find ourselves turning to God in need rather than in gratefulness for our blessings. Each moment reject the idea that you can do this on your own.*

**Day One**

*“The function of prayer is not to influence God, but rather to change the nature of the one who prays.” ― Søren Kierkegaard*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Two**

*“****“In case of a loss of cabin pressure, oxygen masks above your seat will deploy, please place the mask first and then assist your child or other passengers.” – Safety Instructions***

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Three**

*“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” ― Maya Angelou*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Four**

*“Do not pray for an easy life, pray for the strength to endure a difficult one” ― Bruce Lee*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Five**

*“Sometimes people want to sit and stew.  Believe me, I did it for years.  The answer could be right in front of your face, but you don’t want to look at because you are busy in your comfort zone of misery.” – John Sutherland*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Six**

*“Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.” ― Mother Teresa*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Seven**

*“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.” ― Parker J. Palmer*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I am hoping to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Eight**

*“The first and greatest command is to “Love the Lord Your God with all your heart, mind and strength.” This is the first and greatest commandment. And the second is like it, “love your neighbor as you love yourself.” – Jesus*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Nine**

*“When I pray now, I believe with all my heart what I am saying, and I believe with all my heart that God is listening.  God will give you what you need, not what you want, to find peace each and every time.” – John Sutherland*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Ten**

*“I have been driven many times upon my knees by the overwhelming conviction that I had no where else to go. My own wisdom and that of all about me seemed insufficient for that day.” ― Abraham Lincoln*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Eleven**

*"Lighten up on yourself. No one is perfect. Gently accept your humanness. " – Deborah Day*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twelve**

*“You have not lived today until you have done something for someone who can never repay you.” ― John Bunyan*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Thirteen**

*“Get your body moving.  You don’t have to be a runner.  You don’t have to be a gymnast.  You don’t have to be a body builder.  Get out and get moving.  Walk your neighborhood. Enjoy the night air, enjoy the morning air.  Enjoy the sunrise, enjoy the sunset.  Get out of your lazy state.  Get moving and take care of YOUR body.” – John Sutherland*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Fourteen**

*“The more you pray, the less you'll panic. The more you worship, the less you worry. You'll feel more patient and less pressured.” ― Rick Warren*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Fifteen**

*“The more that you read, the more things you will know. The more that you learn, the more places you'll go.” ― Dr. Seuss*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Sixteen**

*“The greatest among you, will be your servant.” - Jesus*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Seventeen**

*“I don’t have good days or bad days anymore.  I just have days.  I try to make each day the best that that day has to offer.” – John Sutherland*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Eighteen**

*“There is only one corner of the universe you can be certain of improving, and that's your own self.”*

*― Aldous Huxley “*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Nineteen**

*“In prayer it is better to have a heart without words than words without a heart.” ― John Bunyan*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty**

*“Love yourself first and everything else falls into line. Your really have to love yourself to get anything done in this world.” – Lucille Ball*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-One**

*“Your life is not a problem to be solved but a gift to be opened.”  ― Wayne Muller*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Two**

*“I try to practice the pathway to peace every moment of every day and that brings me peace. I needed to turn my life over to God – I had everything and was in complete despair - now I have found peace. ” – John Sutherland*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Three**

*“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.” ― Dalai Lama*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Four**

*“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.” ~ Maya Angelou*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Five**

*The Lord is my Shepherd, I shall not be in want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.” – Psalm 23*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Six**

*"We don't think ourselves into a new way of living. We live ourselves into a new way of thinking” - Richard Rohr*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Seven**

*“Is prayer your steering wheel or your spare tire?”
― Corrie ten Boom*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Eight**

*“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”*

*– Etty Hillesum*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Twenty-Nine**

*“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.” – Edward Stanley*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*

**Day Thirty**

**“***Peace or despair, it’s a daily choice. When you make all your decisions based on God looking over your shoulder, you can see the world differently. God doesn’t want you to make choices watching all the horrors of the world but to see the good in the world, to make choices on what is possible – peace.”*

*-John Sutherland*

**God First**

In the Morning

*Pray: “Lord, today I choose your will not my will. I resolve to put you first in my attitude and actions.”*

*Reflect: Think through your day and imagine how you will put God first in all you have to do.*

In the Evening

*Pray: “Lord, thank you for all my successes and failures. Help me to learn from both.”*

*Reflect: Where did you succeed and fail today in putting God first? Celebrate the good, learn from the bad.*

**Yourself Second**

In the morning

*Choose an activity, time and place to care for your emotional, intellectual, physical and spiritual health. In space below, write down what you plan to do today.*

*Activity:*

*Time:*

*Place:*

In the Evening

*As you end the day, take a moment to give thanks for the time you had caring for yourself. Write down your plan for tomorrow.*

**Everything/Everyone Else Third**

In the morning – complete this sentence:

*Today, I plan to accomplish the following tasks…..*

*Today, I will show love and support to…….*

In the Evening

*As you end the day, take a moment to give thanks for the opportunities you had today and people you encountered. Reflect on any decisions or actions that you believe you could have done differently to result in a more positive outcome.*