

JANUARY

<u>N</u>	<u>M</u>	<u>T</u>	<u>W</u>	<u>R</u>	<u>F</u>	<u>S</u>



January is a time of rebirth. Time to renew your spirit, set new goals, and walk a new path. Time is a gift. It is the one thing you cannot get back once it is gone. Live your life to the fullest making every day count.

MY GOAL(S) FOR THIS MONTH:

WEEK 1:

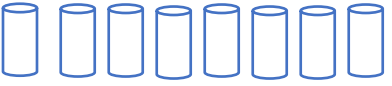






Foundation:
The result of the work to begin something; that which stabilizes for later development.

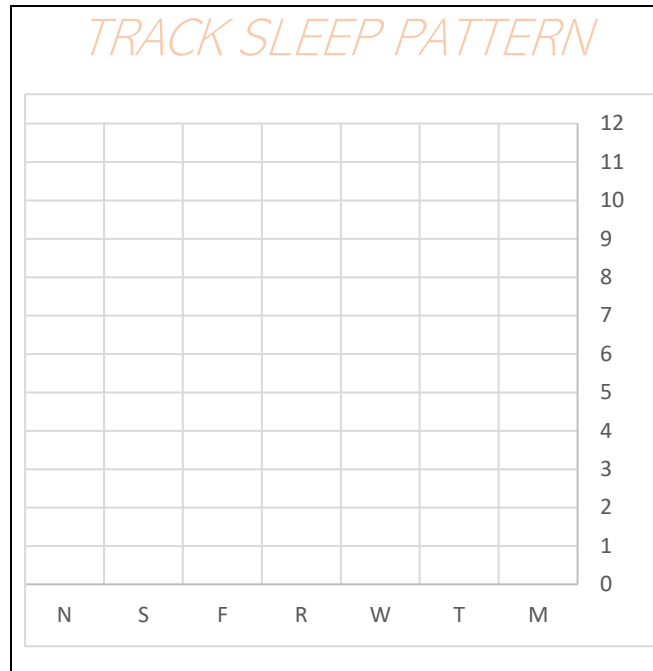
My Goal For This Week:

Organize Your *Mind* By Planning Your Week

MON	TUE	WED	THUR	FRI	SAT/SUN

Water Consumption

M	
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W	
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Intentional Exercise For 30 Minutes Every Day:



Weekly Challenge:

Go for A Walk Outside (Shoot For A Mile!)

SPIRITUAL GROWTH: BIBLE READING PLAN

GENESIS 1 - 4	GENESIS 5 - 8	GENESIS 9 - 12	GENESIS 13 - 17	GENESIS 18 - 20	GENESIS 21 - 23	GENESIS 24 - 25
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WEEK 2:

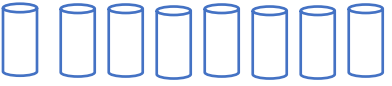






Expunge:
To strike out, obliterate, or mark for deletion; to eliminate from one's consciousness.

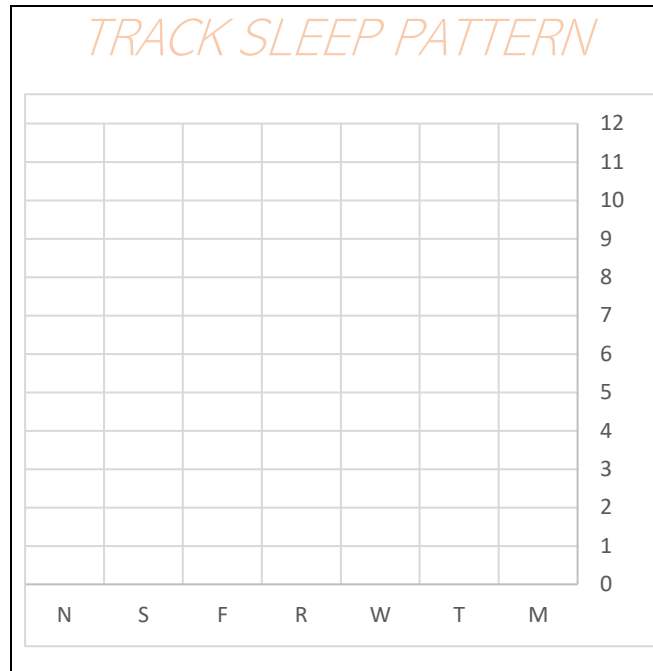
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MON	TUE	WED	THUR	FRI	SAT/SUN

Water Consumption

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Intentional Exercise For 30 Minutes Every Day:



Weekly Challenge:

Go To A Large Department Store and Walk Every Aisle.

SPIRITUAL GROWTH: BIBLE READING PLAN

GENESIS 26 - 28	GENESIS 29 - 31	GENESIS 32 - 35	GENESIS 66 - 38	GENESIS 39 - 41	GENESIS 42 - 43	GENESIS 44 - 46
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WEEK 3:

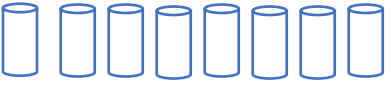






Inculcate:
To teach and
impress by frequent
repetition and
admonitions

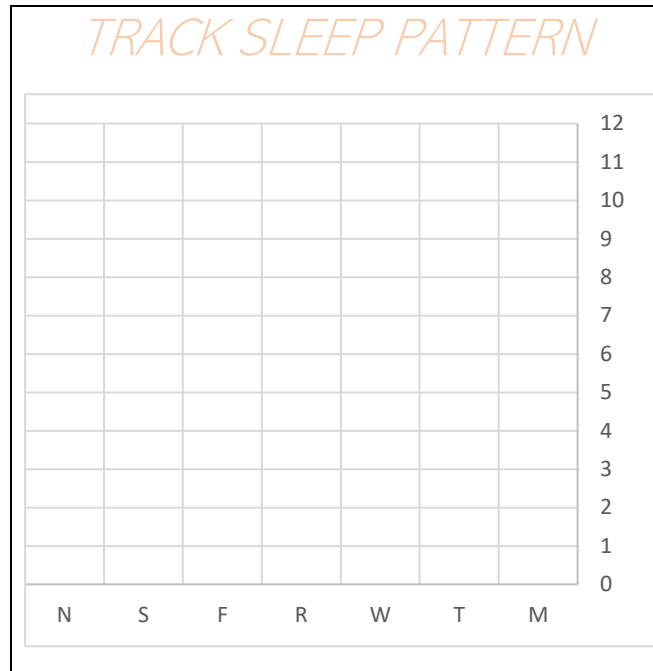
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MON	TUE	WED	THUR	FRI	SAT/SUN

Water Consumption

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Intentional Exercise For 30 Minutes Every Day:



Weekly Challenge:

Visit A Local Park (Take Your Camera With You)!

SPIRITUAL GROWTH: BIBLE READING PLAN

GENESIS 47 - 50	EXODUS 1 - 4	EXODUS 5 - 7	EXODUS 8 - 10	EXODUS 11 - 13	EXODUS 14 - 16	EXODUS 17 - 20
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WEEK 4:

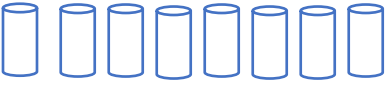






Blossom:
A peak period or
stage of
development.

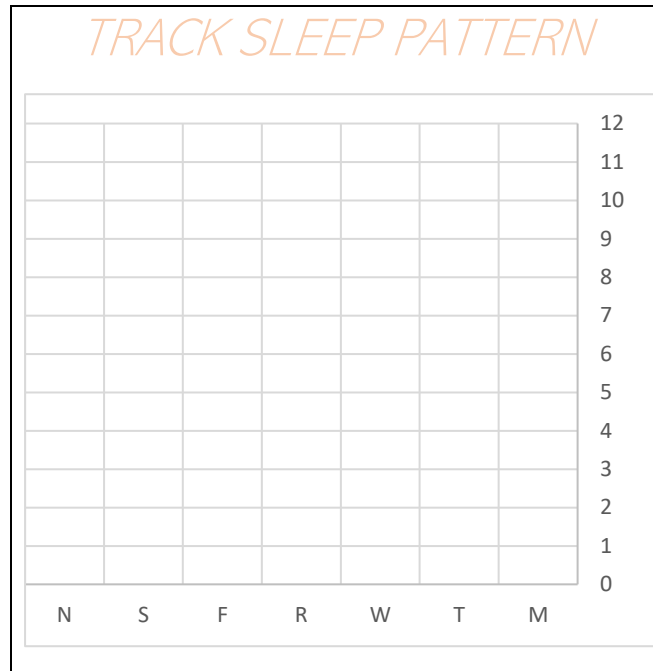
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Organize Your *Mind* By Planning Your Week:

MON	TUE	WED	THUR	FRI	SAT/SUN

Water Consumption

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Intentional Exercise For 30 Minutes Every Day:



Weekly Challenge:

Go on an outing with friends (coffee, shopping, etc.)

SPIRITUAL GROWTH: BIBLE READING PLAN

EXODUS 21 - 23	EXODUS 24 - 27	EXODUS 28 - 30	EXODUS 31 - 34	EXODUS 35 - 37	EXODUS 38 - 40	LEVITICUS 1 - 4
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WEEK 5:

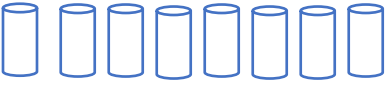








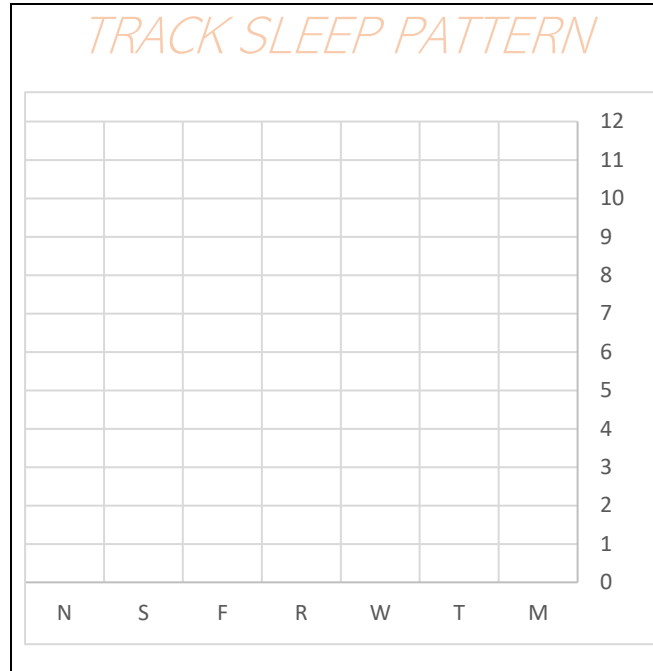
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Intentional Exercise For 30 Minutes Every Day:



Weekly Challenge:

Take a picnic (and bring the family along)!

SPIRITUAL GROWTH: BIBLE READING PLAN

LEVITICUS 5 - 7	LEVITICUS 8 - 10	LEVITICUS 11 - 13	LEVITICUS 14 - 15	LEVITICUS 16 - 18	LEVITICUS 19 - 21	LEVITICUS 22 - 23
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JANUARY IN REVIEW

How did your month go? Did you meet your goals?

<i>What went well?</i>	<i>What didn't go well?</i>	<i>What to change for next month?</i>

We are given one life to live & one chance to leave our mark on this world. 1440 is the magical number of minutes we are blessed with each day. You have the same number of minutes as any celebrity, politician, and athlete. Only you can change your life. Aspire to be more and you will be. It comes with arduous work and dedication. Don't waste your time on things that are not making you happy.