

# 31 Days of Making It Personal

Any time is a good time to make a personal restart. **Working on becoming the best YOU is the best way to love and lead those around you.** That's why for 31 days, we've provided you with something to think about or pray to help you prioritize your spiritual, mental, and physical health.

If you miss a day, or even a week, it's okay. You can pick up right where you left off or jump to the correct day. The purpose of this calendar isn't pressure. The purpose is to provide you with a tool to make it personal—to put yourself first when it comes to personal growth.

- **Day 1: Reflect** In 2 Corinthians 5:17, the Bible says: "When anyone lives in Christ, the new creation has come. The old is gone! The new is here!" (NIV). The past is the past—its triumphs, its tribulations, its wins, and its losses. And the new is before you—full of possibility and potential. Spend a few minutes in a prayer of gratitude, thanking God for the newness He offers us today and every day.
- **Day 2: Reflect** You can't pour from an empty cup. So how can you invest in yourself this year? Consistent quiet times? Nightly walks? Signing up for a fitness class? Weekly dates with yourself, a spouse, or a friend? Just choose one and make your health and well-being a priority.
- **Day 3: Pray** God, thank You for a new start. I acknowledge that it won't be perfect—there will be pain and there will be failure. Give me the strength to handle those disappointments with grace and courage that can only come from You. Amen.
- **Day 4: Reflect** What's one bad habit you can break this year? Write it down and ask a friend to hold you accountable, remembering to ask God for help daily.
- **Day 5: Pray** God, I can make my plans all that I want, but it's Your will and Your plan that I want the most. I invite You to take my words, thoughts, and actions and align them with yours—this year, and every year after. Amen.
- **Day 6: Reflect** Read Psalm 22:19. Then, make a mental list of at least three ways you are stronger today than you were this time last year.
- **Day 7: Pray** I pray that this year I would be a force for Your good. I pray You would give me the wisdom and courage to be a positive and righteous influence in every situation possible, regardless of my personal fears or concerns.
- **Day 8: Reflect** Think about your past goal-setting habits. What have been your biggest challenges in meeting your goals? What are some specific ways you can combat those obstacles? Being aware of what has hindered your progress with previous attempts is an important step in your success this year.
- **Day 9: Reflect** First Peter 4:10 says: "God's gifts of grace come in many forms. Each of you has received a gift in order to serve others. You should use it faithfully" (NIV). What is one gift God has given you that you can use faithfully this year to serve others?
- **Day 10: Reflect** Each of us has been hurt or disappointed by someone. Sometimes, those hurts and disappointments aren't easy to forgive. Who is someone you need to forgive? Write down their name. Then, crumble up the paper and throw it away. Commit to working on forgiving them and canceling out their "debt" to you, just as God does for us.
- **Day 11: Reflect** Read Philippians 4:11-13. Then, make a list of five things you are content with in your life right now.
- **Day 12: Reflect** What's a new skill you can learn this year? Changing a flat tire? Sewing? Distance-running? Choose something and do one thing this week to jump start the learning process.

○ **Day 13: Pray** God, thank You for what I have right now, today, in this moment. Regardless of how it feels, You have given me everything that I need to accomplish all that You want me to. Help me to remember that each day as I face the coming year.

○ **Day 14: Reflect** Ephesians 6:10 says: "Finally, let the Lord make you strong. Depend on his mighty power" (NIV). What's one area you need the Lord to make you strong in this year? How can you depend on His "mighty power" for strength?

○ **Day 15: Reflect** Think of someone who invested in you last year. Take a few minutes to send them a thank you text, email, or message.

○ **Day 16: Reflect** Write down 10 things you are thankful for that happened over the last year—some may be obviously positive events, and some may be difficult situations you learned from. It's helpful to see that both are important.

○ **Day 17: Pray** God, help me to lead my family fearlessly this year. Help me to make difficult decisions, have tough conversations, and show grace to others today and every day.

○ **Day 18: Reflect** What is something negative that you say to yourself, about yourself: *I'm so forgetful. I will never get it right. I can't get everything done.* Pay attention to any negative thought you have today and replace it with a truth from God's Word about you.

○ **Day 19: Prompt** Who is someone positive who always brings you joy or inspires you? Invite them into your life on a more consistent level. You can text them, call them, or even send them a message over social media.

○ **Day 20: Reflect** What is one quality you want to develop in yourself this year? Boldness, humility, responsibility, compassion, forgiveness, authenticity, courageousness, perseverance, generosity? Write down your choice somewhere you can see it every day.

○ **Day 21: Pray** God, help me to be kind to myself. Remind me to show myself compassion and grace. Show me any area I need to forgive myself in. Help me to remember that part of loving Your creation is loving myself.

○ **Day 22: Reflect** Using the notepad in your phone or a sheet of paper, write out 10 positive affirmations about yourself. *I am a hard worker or I am a good parent.*

○ **Day 23: Reflect** What's one way you can move out of your comfort zone this week? Signing up for a class? Making that appointment? Scheduling a meeting with your boss? Push yourself to push yourself!

○ **Day 24: Reflect** Who is a friend or family member you can reconnect with? Maybe it's as simple as a text—take a step toward them by reaching out today.

○ **Day 25: Pray** God, I pray this year that Your voice is the loudest voice in my head and heart. I pray I would hear from you and obey without hesitation. I pray I would walk in Your will and Your way.

○ **Day 26: Reflect** Whether it's by giving money, volunteering, or inviting a friend, how can you deepen your devotion to the local church?

○ **Day 27: Pray** God, I pray for the peace and assurance that can only come from You. During periods of waiting and periods where it feels like You're silent, help me to remember that You're fighting for me, even when I can't see it.

○ **Day 28: Reflect** Second Timothy 1:7 says: "God gave us his Spirit. And the Spirit doesn't make us weak and fearful. Instead, the Spirit gives us power and love. He helps us control ourselves" (NIV). God's Spirit gives us power, love, and self-control. Which of those three can you focus on exhibiting in the coming months?

○ **Day 29: Reflect** Take 30 minutes today to do something that you love. Go for a jog. Call a friend. Watch your show. Give yourself permission to have some "me" time on a consistent basis.

○ **Day 30: Pray** God, surround me and my family with people who love You. Put people in our lives who will point us toward You and Your truths, even when it's difficult to hear. In turn, help me to be that person in the lives of my friends and family.

○ **Day 31: Reflect** What spiritual discipline can you practice more consistently this year? Quiet times? Memorizing Scripture? Attending church? Write down one way you can grow your faith this year. Put a reminder in your phone and make it a priority.