



31

is

Thirty Wonderful

DAYS 1 - 9

GETTING STARTED



**Those
who walk
with God
always reach
their
destination.**



Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day One

Take three or more minutes to reflect on each of these:

1. What is one thing you love about yourself?

2. What is one thing you'd like to change?

3. What's stopping you? Can I do anything about removing this obstacle?

4. Today I will affirm one more thing about myself that I love:

5. I will do this to correct one flaw (for example, if you're always late, your correction might be to leave home 15 minutes earlier this morning.)

6. I will remind myself today that no matter what comes or goes, I am beautifully and wonderfully made--I will repeat this at least four times during the day and right before bed.

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Two

Take three minutes to reflect on each of these

1. What did I put in my mouth yesterday? (Keep a food diary today so you will be consciously aware of everything you put in your mouth—remember, you are what you eat! If you look a bit like a brownie, be careful.)

Breakfast

Lunch

Dinner

Snacks & Crunchies in the car

2. What is the thing you have always wanted to do but have kept putting **it** off?

3. What would it take to do **it**? Money? Courage? New mindset? List the pros and cons of doing/not doing it. Go with the shortest side.

Pros

Cons

4. Do I have work/tasks that I love? Am I doing what I want to be caught dead doing?

5. Today I will take 31 minutes and I will lend _____ a hand with their tough tasks and expect nothing in return except satisfaction for having done it.

6. I will remind myself today that I am so awesome they need to create a word just for me! It might look like beautifulvelyummarvelous!!!!!!

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Three

Take three or more minutes to reflect on each of these:

1. Set three short-term goals (things you want to do/accomplish in the next six months).

2. Set two long-term goals (things to do in the next two years).

3. List three people you know you can count on to help accomplish your dreams.
 - A.
 - B.
 - C.

4. Get an old fashioned dictionary and read one page to find three new entries for your vocabulary. My new words are: _____, _____, _____.

5. Send flowers to somebody who could use a lift today.

6. I will remind myself today that there's no way I can be beaten because I refuse to quit or to be conquered--A CHAMPION LIVES WITHIN ME!

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Four

Take three or more minutes to reflect on each of these:

1. Every week we each have 168 hours to use—reflect on what this could mean to you in your efforts to be triumphant.

2. Look at how you're spending your leisure time. Are you doing too much ripping, running and ranting? Do you like it like that?

List the things you "had" to do today.

Now list the things you could have delegated, refused or found a more excellent way to do them. What will you do differently when these "opportunities" come up again?

- a.
- b.
- c.
- d.
- e.

Next time I will: An example here might be: screen my calls from that person who keeps talking when I say no, I don't have time. Trust me, they will find somebody else who answered on the first ring!

3. Look at your work or other structured time. Is this what you want to be doing? List four ways you could improve the quality of your time.

- a.
- b.
- c.
- d.

4. What can you let go of because you either don't want to do it or it sucks all the life out of you?

5. I will _____ today for self improvement.

6. I will remind myself today that I have everything I need inside myself to make my life better. I'm like a JCPenney store—it's all inside!

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Five

Take three or more minutes to reflect on each of these:

1. Plan to get eight hours of sleep tonight and drink eight glasses of water today because you'll be more beautiful when you're well rested and your body is nourished.
2. Go to your private place (my mother kept her special things in a cedar chest) and get something you've been hoarding and saving for a special occasion and wear or use it. Nothing is worth more than this day.
3. Today I will make an appointment to get wills done (living/after death) while I can still make my own decisions.

Answer this question: where are my important papers and can I get to them in a hurry in case of an emergency?

Car title _____ mortgage/property deed/rental
agreement _____ passport/government ID _____
insurance policies _____ birth certificates _____
Immunization records _____
Prescription medicines _____
Updated emergency contacts _____

I am telling _____ where to find things if I am incapacitated.

4. I will discuss funeral arrangements with my family and a local funeral home—no, nobody's getting up a load today but folks are dying who have never died before!

-
5. Take a moment and have your favorite meal with someone you love to spend time with. What are you having (just in case I need to join you—just kidding)?

6. I will remind myself today that I deserve to be joyous, peaceful and content and I have the power to create such a space.

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Six

Take three or more minutes to reflect on each of these:

1. Write a note of forgiveness to someone you believe has done you wrong and leave it under your pillow for seven days as you pray for this person each day by name. If you're still not ready or at that "let it go stage," pray for another seven days and work through these questions. On day 15, shred the note and try to move forward.

I am still hurt by:

I wish I had said:

I need _____ to happen so I can heal.

Is it me?

What could I have done to get a different outcome? _____

Remember: as long as you hold on to the problem (grudge, resentment, hatred...), it holds on to you. Try to let it go so you can soar with the eagles instead of hanging around on the ground with chickens and turkeys carrying around a burden too big for you.

2. Find a seat by the window, watch quietly and admire the morning/evening as it unfolds. Say a prayer for peace.
3. Borrow a child to entertain today—give a single mom or dad a moment to themselves. Find free things to do like movie time at the public library or letting them help with the gardening (ask about allergies before the latter).
4. Take a brisk walk around the neighborhood and appreciate the lawns and landscaping.
5. Watch Jeopardy!, work a crossword puzzle or play a game of Monopoly or Scrabble to stimulate your brain and be reminded that you really are one smart cookie!
6. I will remind myself that my attitude is the most important thing I choose today. If I get lemons, the lil suckers will be sorry they picked on me because they've got a good butt whipping coming today! I will make good choices and count it all joy!

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Seven

Take three minutes to reflect on each of these

1. What is the most important thing I know about myself today?
2. What have I learned this week that will help me move forward?
3. Am I committed to being triumphant or am I just fine like I am? (There is obviously no wrong answer!)
4. If I knew I was dying right now, what would I regret most? Here's what I want to do to remedy that_____.
5. I will remind myself today that I have the power to overcome, to do that thing I dream of, and overcome my doubts and fears. I am most afraid of_____.
6. I will remind myself that my dreams are just that—mine. I must wake up, hold fast and be true to them for they are the wind beneath my wings.

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Eight

Take three or more minutes to reflect on each of these:

1. You are the sum of everything you have learned and done so far. Sit quietly and bask in who you have become. Write at least three amazing things about yourself—i.e., you survived cancer, got your GED, found the strength to care for your terminally ill parent or spouse, ...

- a.
- b.
- c.

2. Inhale and exhale slowly and marvel at the sound of your own breathing. Listen for and understand the value of silence while you spend this special time with God.

3. Are your spaces reflective/indicative of a positive, focused, well organized person? Look at your surroundings—your car, home, work area, other spaces--are they cluttered and in disarray? Are your surroundings distracting you from the sacred space you are trying to create? Eliminate the nonessentials and make a space so everything you NEED can have its own place. Return things to their rightful place so you don't have to search for stuff—especially your keys, book bags, backpacks and glasses. Put them in the same place to avoid frustration and save time.

4. Who are the people in my life who bring me “down” with their negativity? It is critical that you be honest and identify these people because they can ruin an otherwise perfect day if you let them. (Please don't give them space in your head for their foolishness.)

- a.
- b.
- c.
- d.

Here are ways I can limit their access to me and my goals:

- 1.
- 2.
- 3.
- 4.

Who are the helpful, hopeful and happy people who always encourage and inspire me and make me smile?

- 1.
- 2.
- 3.
- 4.

I will call, write, plan to spend some time with _____ this week.

“We are what and where we are because we have first imagined it!” Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Day Nine

Take three or more minutes to reflect on each of these:

1. When was the last time you tried a new recipe? Choose your favorite cookbook or website and plan to make a new dish this weekend. List the ingredients you need to get at the store.

- 1.
- 2.
- 3.
- 4.

2. List ten things you enjoy doing.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

When was the last time you did something from this list? Choose three things you want to do this week and carve out time to plan/do them. Life is short—don't put them off.

3. Practice being completely quiet today while having your conversations with others. Acknowledge that you're listening through your body language or through advanced warning; say that you're working on your listening skills this week. See how much more you hear when you're not waiting for your turn to speak. (I'm praying that whoever you're talking to will be gracious and grant you the same courtesy so you can have a word!)

"We are what and where we are because we have first imagined it!" Donald Curtis

Lord, today I'm grateful for:

Things I will work on today:

People/places/things I want to pray for:

My goal (s) for today:

- 1.
- 2.
- 3.
- 4.
- 5.

Prayer:

Gentle reminder to me: I am beautifully and wonderfully made and there is greatness all over me!

Gentle reminder: As much as I would like to control and change the actions of others, the only person I can change is me.

Hallelujah! You're a third of the way to victory--don't do the math, just trust me.

What has been your biggest challenge to this 31-day-31-minute exercise? What was easiest?

What has been the hardest thing you've done? Have you done additional things that helped you achieve your goals?

I need to spend more time/effort on _____

Less time/effort on _____

What I know now but wouldn't admit when I first started this exercise _____

For the next 10 days I will commit to :

_____ **drink eight glasses of water daily**

_____ **get adequate sleep, exercise AND rest**

_____ **eat more fruits and vegetables**

_____ **reduce my "busyness" so I can focus on what's really important?**

_____ **complete the next segment of my 31-day thirtywonderful journey/journal**

Give yourself a nice round of applause—know when you were made, God was just showing off!

"We are what and where we are because we have first imagined it!" Donald Curtis



**We hope you have been
inspired by the first
nine days of**

31 is

Thirty-wonderful



**To order your copy visit
Amazon.com
or contact**

**Dr. Cynthia Bond Hopson
731-267-6872**

Drhopson007@aol.com

