

Motivated March 2022

Don't just make a resolution – make a habit

“ Our character is shaped by the responses we make to thousands of decisions over the course of our lives. ”

Regular Community Activities



Selhurst Food Bank & Community Kitchen:
Every Tuesday at 6pm – 7:30pm

ONLINE EVENTS



Women's Forum:
First Monday each month at 7pm – 8pm



Bible Book Club:
First and last Tuesday and Thursday each month at 7pm – 9pm



Prayer Session:
Every Wednesday at 8pm



Natural Cosmetics Workshop: First Thursday each month at 7:30pm – 8:30pm



Online Worship Experience:
Every Saturday from 10am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Write down three goals that you will complete this month.	2 Minimise distractions – turn off phone notifications to avoid prolonging tasks	3 Read Psalm 20:8: Discover how God wants you to succeed	4 Pray before taking your first step towards a goal that really matters to you	5 Read Proverbs 23:7: Consider how what you think influences what you become
6 Set positive and realistic goals for the week ahead	7 Read Psalm 143:10: Start asking God to show you His will for each day	8 Start the day with the most important thing on your list	9 Read Proverbs 16:9: Trust God to take care of the details out of your control	10 Think positively. You'll get tasks done more quickly and enjoy them	11 Do something to overcome any obstacle you are facing	12 Read Isaiah 41:10: Don't be afraid or discouraged – trust God to strengthen you
13 Take time to reflect on what you achieved last week	14 Create small deadlines to motivate and help you progress	15 Read Psalm 20:4: See how God wants to fulfil your purpose	16 Take exercise breaks – it'll help productivity and lower stress levels	17 Make progress on a project or task you have been avoiding	18 Read Psalm 16:8: Put your trust in God, let Him stand by you and make you steadfast	19 Reflect on a problem and ask yourself, will this matter a year from now?
20 Pray and let the wisdom and knowledge of God be your motivation	21 Read Psalm 37:5: Commit your way to the LORD; trust in him, and he will do it	22 Find a new perspective on a problem you face	23 Read Proverbs 23:4-5: Remember not to overwork yourself trying to get wealthier	24 Don't overdo it – always schedule a rest period during your day	25 Ask for help from a friend, family member or a colleague	26 Read Ecclesiastes 3:1: Recognise there is a right time for everything
27 Eat a healthy breakfast to keep your brain sharp and help you concentrate	28 Actively monitor your work-life balance	29 Read Psalm 143:8: Ask God to guide your decisions and put your life in his hands	30 When you feel you can't do something, add the word "yet"	31 Make a list of all the things you've achieved this month		

NOTES