

DAY FOUR

Your Journey to Success and Wellness



God is already doing a great work in you as you open your heart and soul to the ways of healthy living and wellness. Health is for the whole of us, spirit, soul, and body. Living in Christ and following the ways of God is the sure path to your success.

Today's exercises are simple. They are designed to engage your God-given imagination to sow seeds of goodness in your soul.

Plan what you will eat for a healthy breakfast: _____

Plan what you will eat for a healthy lunch: _____

Plan what you will eat for a healthy dinner: _____

Plan what you will eat for a healthy snack: _____

Imagine where you want to be on this day next year. See yourself twelve months from today. What is your day like? Write in the present tense.

Still imagining where you can be in one year, thank God for His love, care, and guidance.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

3 John 1:2

