

# HOW TO IMPROVE YOUR LIFE FROM A TO Z

*“I have come that you  
might have life, and live it  
more abundantly.”*  
JESUS CHRIST IN JOHN 10:10

## PREPARATION

*It is very important to prepare for your improvement journey before you begin.*

1. Get in a quiet place where you cannot be interrupted by people, phone calls, or television.
2. Claim Matthew 18:18-19 for each day. Example: “*Lord, would you bind the unholy spirit from distracting me; and release the Holy Spirit to speak to me from the Scriptures for each day: for it is written, ‘Whatever we bind on earth shall be bound in heaven; and whatever we loose (release) on earth shall be released in Heaven.’*”
3. Personalize the Scripture for each day. Ask yourself, “How does this scripture apply to me where I am at this time in my life?”

## NOW LET'S BEGIN YOUR IMPROVEMENT JOURNEY

### Day 1 Attitude (*Philippians 2:5-11*)

Your attitude in today's thinking will determine your altitude for tomorrow's living.

### Apppearance (*Daniel 1*)

- You never get a second chance to make the first impression someone has of you.
- There are things you can choose to change that will improve your appearance to others.

### Day 2 Benevolence

(*I Corinthians 4*) (*II Corinthians 9:6-15*)

- Give 10% of your income to the Lord and His Church.
- Invest 20% of your income on things that appreciate in value (house, land, antiques, gold).
- Discipline yourself to live on 70% of income.
- “If your outgo exceeds your income, your upkeep will be your downfall.”

### Day 3 Confession (*I John 1:1-9*)

- Confess your sins to God each night.
- Confess your sins to other carefully selected believers for healing. (*James 5:13-16*)

- It is very important to keep your confession only to those in the circle of the offense.

### Day 4 Dedicate (*I Samuel 1*)

Dedicate each morning to the Lord . . .

- your eyes (*what you choose to see*).
- your ears (*what you choose to hear*).
- your tongue (*what you choose to taste*).
- your mouth (*what you choose to say*).
- your mind (*what you choose to think*).
- your children (*what you choose to influence in the future*).

### Day 5 Encourage (*Hebrews 3:13*)

- Make a habit of encouraging at least three people each day starting with your family.
- You leave every person you talk with either encouraged or discouraged.

### Day 6 Focus (*Psalms 5:7*)

- Focus on the person you are with
- Focus on what you are doing and refuse to allow your mind to be distracted to other things. Satan will try to steal your attention.

### Forgive / Forget / Forge

(*Philippians 3:13, 14*)

- Forgive those who have hurt you in the past.
- Forget past mistakes, sins, and misfortunes.
- Forge on into the future believing the best is yet to come when you are in God's will.

### Day 7 Guard (*Proverbs 4:23*)

- Guard your Words.
- Guard your Actions.
- Guard your Thoughts.
- Guard your Feelings.

### Day 8 Honor (*Exodus 20:12*)

- God
- Parents
- Elders

### Habits (*Romans 6:12; Philippians 4:8,9*)

- Your present habits are enabling you or endangering you.
- List your bad habits.
- List your good habits.

- Ask a trusted friend to help you to identify them.
- Ask God to help you correct where correction is needed with bad habits: *over eating - over sleeping - over drinking - over exercising - over talking.*

### Day 9 Integrity (*Proverbs 10:9*)

Ask God to help you be a person of integrity.

### Day 10 Joyful (*I Thess 5:6; Ephesians 5:18; Galatians 5:22*)

- Be filled with God's Spirit, and the fruit of JOY will be in your life.

### Day 11 Kindness (*I Thessalonians 5:15*)

Be kind to everyone God brings into your life today.

### Day 12 Love (*Matthew 19:19 & 22:11*)

- Love God.
- Love Self.
- Love Others.

### Day 13 Meditation (*Joshua 1:8*)

- Meditation on God's Word is the secret of success.
- Meditation on God's Word is the secret of prosperity.

### Day 14 Name

(Matthew 1:21, Proverbs 22:1)

- Learn the meaning of your name
- Learn the meaning of a name especially before naming your children.
- Most children live according to the meaning of their name.

### Day 15 Obedience (Genesis 27:8)

- Obey God's voice heard through His Scripture.
- Obey God's voice heard through His Spirit.
- Obey God's voice heard through His Saints.

### Day 16 Peacemaker (Matthew 5:9)

- Be a peacemaker in life instead of a troublemaker.
- Peacemakers are happy people.

### Prayer / Praise (Psalm 100:4)

- Regular communication with God is essential for improving your life.
- Thank God for His blessings from A-Z; for example America, Beauty of Area, Church and so forth.

- Praise God for his characteristics from A-Z; for example, Awesomness, Benevolence, Compassion and so forth.

### Day 17 Quiet Time (Matthew 6:5-15)

- Establish a quiet time in your daily schedule with God.
- Read and concentrate on the Proverb of the day; there is one for each day of the month.
- Get away from TV, telephone, computer and people during your quiet time.

### Day 18 Relationships (Romans 12:1,2)

- Renew your mind with God's Word.
- Seek to improve every relationship you have.

### Day 19 Salvation (I John 5:13)

Be certain of your eternal salvation.

- A Admit you are a sinner.
- B Believe (trust) Jesus Christ died to save you. (Romans 10:9)
- C Call on the name of the Lord for salvation. (Romans 10:13)

### SALVATION PRAYER

*Example: "Heavenly Father, I admit I am a sinner. I choose to repent (turn from) my sins and believe that Jesus died for my sins and rose from the grave. I call on His name to save me. Thank you Jesus for saving me."*

### Day 20 Thanksgiving

(I Thessalonians 5:18)

- Choose an attitude of gratitude in every situation (Not "for" but "in").
- Thank God for what you have in life and not what you have lost. Personal Health Family & Friends Spiritual & Material blessings.

### Thorn

(II Corinthians 12:7)

- Believers have a thorn in their life to keep them humble.
- It is a messenger of Satan permitted by God.
- The Grace of God makes it possible to live with the thorn.
- God's strength overcomes the believers weakness with the thorn.

### Day 21 Understanding (Proverbs 28:5)

- Seek the Lord for understanding.
- Strive to understand others more than they understand you.

### Day 22 Victory (I Corinthians 15:57)

- You can have victory over sin. (Romans 6)
- You can have victory over Satan. (Revelation 12:11)
- You can have victory over situations. (I Thessalonians 5:17)
- You can have victory over self. (Galatians 2:20)

### Day 23 Wisdom (Proverbs 1-4)

- Wisdom is the ability to see earthly circumstances from God's perspective and respond accordingly to His will.
- Ask God for wisdom for your daily decisions.

### Day 24 Xunknown (Psalms 145-150)

- X stands for the unknown in mathematics.
- Praise God for all the things you don't know about Him.

### Day 25 Yield (II Chronicles 30:8)

- Yield to God's plan for your life, before His pressures break and bruise you beyond usefulness.

### Day 26 Zeal

(Romans 12:11; Proverb 23:17)

- Seek zeal in your life today for God before you meet Him in the future for your life's accountability time with Him.

**NOW that you have gone on this journey of improvement for twenty-six days; prayerfully write down your goals in the next four days - spiritual, personal, social, financial and medical. Repeat the 26 day process for six more months and your improvements will amaze you.**

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