

LIFE CONDITIONING PLAN

HABITS I NEED TO FORM AS I PRESS TOWARD THE PRIZE

For the next 40 days I will...

1. SPIRITUALLY

(select one)

- a. Have a daily quiet time to meditate on God's Word and pray
- b. Faithfully attend church worship and group Bible study
- c. Purposely thank and praise God each day

2. RELATIONALLY

(select one)

- a. Pray daily for my family by name
- b. Only speak kind and uplifting things to my family and friends
- c. Pray daily for a lost friend to trust Christ

3. MENTALLY

(select one)

- a. Guard my mind from ungodly and unwholesome thoughts and images
- b. Sharpen my mind with quality reading and godly conversation
- c. Think before I speak or act

4. EMOTIONALLY

(select one)

- a. Remind myself daily that God is for me and loves me unconditionally
- b. Immediately confess it to God when I commit a sin
- c. Plan and prioritize my activities to best invest my time

5. PHYSICALLY

(select one)

- a. Eat healthier foods
- b. Exercise regularly
- c. Get adequate rest

Signed: _____

Date: _____

For maximum impact, read *Heaven's Praise: Hearing God Say "Well Done"*
by Dwayne Moore during your 40 days of conditioning.

This sheet is part of the *Live to Win Heaven's Praise* campaign by Dwayne Moore and Terry Hadaway.