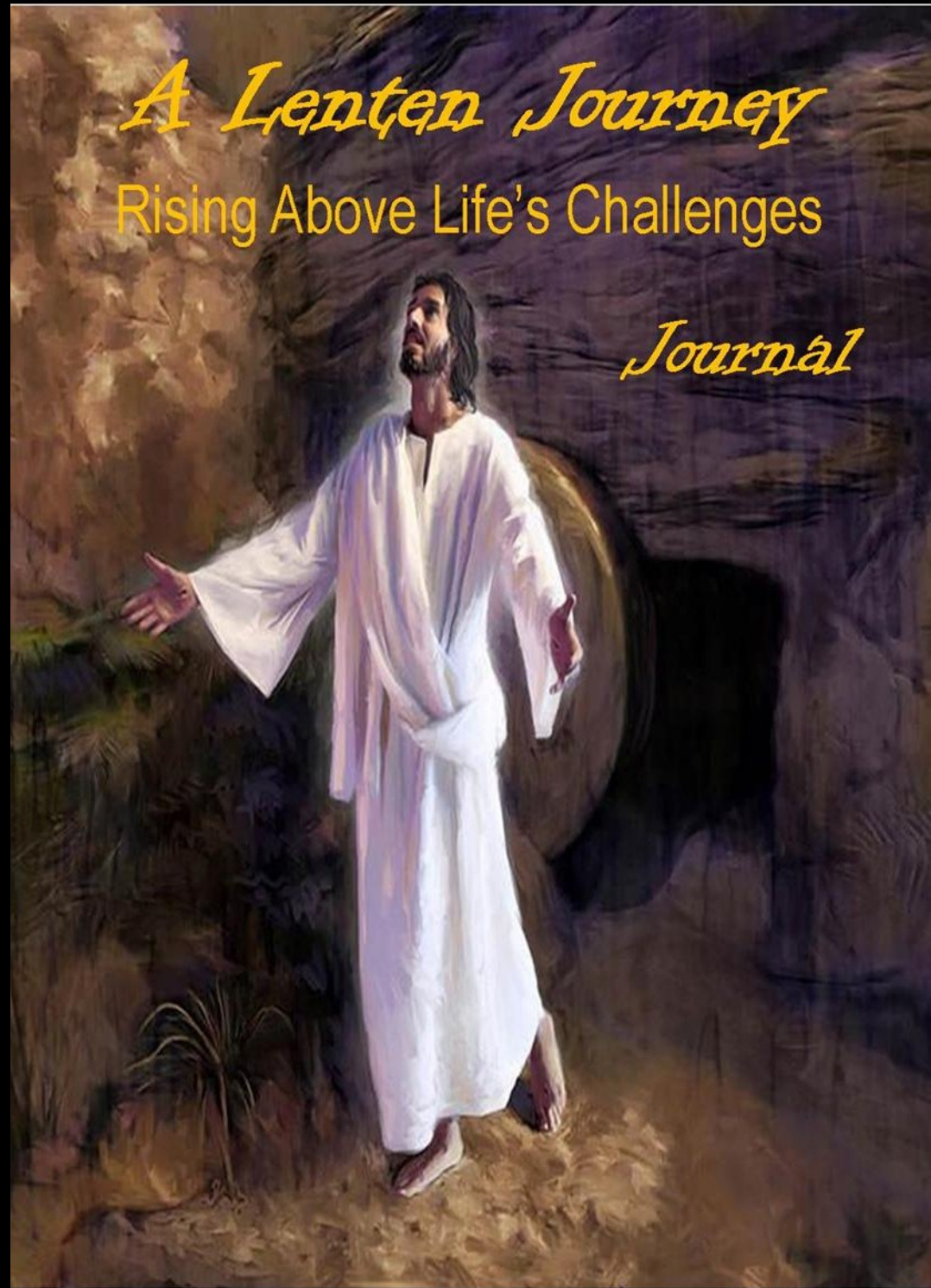


A Lenten Journey

Rising Above Life's Challenges

Journal



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DAILY WARM-UP – SHORT VERSION

There's a saying in golf, "If you don't have it the day of a tournament, you won't find it on the practice tee." The Daily Warm-Up is just that, A Warm-Up. It's designed in this manner to live **Balanced and Consistent** playing the Game of Life. **Balance and Consistency are the keys.**

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- This is the day The Lord has made! **I CHOOSE** to be Grateful and Rejoice in it - **No Matter What My Situation May Be.**
- Heavenly Father, I Joyfully offer Thee all my prayers, works, and sufferings today as a testimony of your precious grace in my life. As I go through this day, give me the courage to focus on you *and not myself and my wants and circumstances* knowing no matter what I may encounter, you promise to provide a way out. I surrender myself and those close to me to you today since you will take much better care of them than I can. Give me courage as I say to you, "*Thy Will Not Mine Be Done Today.*"
- Pay close attention to your first thoughts about the upcoming day and develop a positive perspective. Maintaining that perspective throughout the day will be critical to your performance.
- **Just for today, I will have a program.** I will write down what I expect to do every hour. I may not follow it exactly, but I will have it. It will eliminate procrastination, hurrying, and indecision.

Stop and Meditate: I fail not so much when tragedy happens as I did before the happening, by all the little things I might have done but did not do. **I must prepare for the future by doing the right thing at the right time NOW.** If a thing should be done, I should deal with that thing today and get it righted with God before I allow myself to undertake any new duty. I should look upon myself as performing God's errands and then coming back to Him to tell Him in quiet communion that the message has been delivered or the task is done.

- Journal throughout the day using the "Notes / Journal" section of the Daily Score-card or Notebook in order to discover trends to improve your daily performance.

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DAILY WRAP UP – SHORT VERSION

This is where the rubber meets the road. **A true champion must subscribe to a method of living that includes a sustainable training regimen in both their sport and life. A champion knows that for them to function at peak performance, be it in sport or life, things around them need to be in balance.** Apart from injury, NOTHING brings down a professional, be it in sport or life, more than a life that has become unmanageable.

Following is a daily training regimen that will keep life in balance and consistent while providing for the much-needed serenity a champion needs to achieve excellence and live a life of purpose. Pay close attention to the three-legged stool below realizing that should one of the legs break off, the stool CANNOT balance. The same holds true for life.

- Review the day and summarize in the "Notes / Journal" section.
- Was the day "On Par," "Better Than Par," or "Not Up To Par"?
- As summaries accumulate, begin looking for patterns.
- Review tomorrow's schedule for maximum effectiveness.
- WHO WAS I ACCOUNTABLE TO TODAY?
- HOW MUCH TIME DID I SPEND OUTSIDE OF MYSELF TODAY?
- DID I OVERCOME MYSELF TODAY BY INCONVENIENCING MYSELF?
- HOW WAS I SELFISH (i.e., thinking only of myself or not putting myself in someone else's position)?
- HOW WAS I RESENTFUL (and what was the basis of this resentment)?
- HOW WAS I AFRAID (How does this demonstrate a lack of faith, misplaced faith, or faith in a negative outcome)?
- ·HOW WAS I DISHONEST (by commission or omission)?
- ·HOW DID I DEMAND TO CONTROL ("Do it my way!")?
- ·HOW DID I DEMAND TO BE RIGHT ("I told you so!")?
- ·HOW DID I DEMAND TO BE A VICTIM ("Poor me!")?
- ·HOW WAS I DEFIANT ("Don't confuse me with the facts; I've made up my mind!")?
- ·HOW WAS I IN DENIAL ("I don't care, I want it my way!")?
- ·WHO DID I HURT AND HOW DID I HURT THEM (i.e., who was affected as a result of my action or inaction)?
- ·HOW CAN I REPAIR THE DAMAGE (i.e., how can I put right what I've set wrong)?
- ·WHAT COULD I HAVE DONE BETTER TODAY (i.e., what actions could I have taken to improve the situation)?

EVENING PRAYER, (Maintain a Gracious Perspective) O God, I thank you for the blessings of the past day and humbly ask for your protection through the coming night. Bring us in safety, to the morning hours, through Him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

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