Godly Habits Curriculum

The Intentional Effort to Know God through Self-Evaluation, Accountable Partnerships, Weekly Exercise, and Adherence to the Scripture



Written by Precious Bond-Collins
January 2021

Thank you for your continued support!
Ezekiel and Precious Collins (Collins Fit Founders)

Luke 6:46-49 NIV - 46 "Why do you call me, 'Lord, Lord,' and do not do what I say? 47 As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. 48 They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built. 49 But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete."

TABLE OF CONTENTS

About the Godly Habits Curriculum…….1

Accountability Partner Commitments……...2

Incentive Program (Optional)…….3

Weeks 1-12 Godly Habits Weekly Self-Evaluation……..4-17

Week 1 - Spiritual Habits p. 4

Week 2 - Social & Emotional Habits p. 5

Week 3 - Dietary Habits p. 6

Week 4 - Financial Habits p. 7

Week 5 - Accountability Partner Evaluation p. 8

Week 5 - Exercise Habits p. 9

Weeks 6 - 8 Revisiting All Habits p. 10 - 12

Week 9 - Accountability Partner Evaluation p. 13

Weeks 9 - 12 Revisiting All Habits p. 14 - 17

Reflection and Prayer……18

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About the Godly Habits Curriculum

Dear Collins Fit Supporter,

Curriculum Description

The Godly Habits Curriculum is the intentional effort to know God through self-evaluation, accountable partnerships, weekly exercise, and adherence to the Scripture. It is a twelve week spiral curriculum meant to support long lasting habit changes in five areas of wellness by following the example of Jesus as demonstrated in the Holy Bible. It is written by Precious Dian Bond-Collins who is a minister of the Gospel and uses her formal education in Curriculum, Instruction and Theology to provide strategic guidance through the adoption of specific changes in the areas of spiritual, social and emotional, financial, dietary, and exercise habits over time. Although the curriculum may support weight loss, the goal is a deeper connection with God, self and others. The curriculum is designed to be followed with at least one accountability partner and in conjunction with the Collins Fit group exercise classes. Partners should commit to offering accountable support that celebrates growth from one week to the next, not mastery or completion of every task each week. Weekly discussion of each suggested habit, shortcomings and successes is paramount even if partners choose not to participate in the suggested incentive program. This curriculum is a product of personal experience and Precious gives credit to her husband, Ezekiel Collins for being her accountability partner as she sought to know God more.

Purpose, Outcomes & Inspiration

The biblical parable of the Wise and Foolish Builders is the inspiration of this curriculum.
Luke 6:46-49 NIV reads;

> 46 “Why do you call me, ‘Lord, Lord,’ and do not do what I say? 47 As for everyone who comes to me and hears my words and puts them into practice, I will show you what they are like. 48 They are like a man building a house, who dug down deep and laid the foundation on rock. When a flood came, the torrent struck that house but could not shake it, because it was well built. 49 But the one who hears my words and does not put them into practice is like a man who built a house on the ground without a foundation. The moment the torrent struck that house, it collapsed and its destruction was complete.”

The purpose of this curriculum is to build up people and support the adoption of healthy habits that are sustained over time. Through self-evaluation, accountable partnerships, weekly exercise, and adherence to the Scripture people will maintain confidence in crisis, reinforce positive thinking and speaking, achieve healthy weight loss or gain, increase self-control, adopt effective communication skills, increase recurrent physical activity, engage in recurrent enjoyable social engagement, and improve mood. Precious believes that mere weight loss attempts often result in lowered self confidence because they neglect the total person by singling out one area of wellness while neglecting equally if not more important areas of wellness such as the intentional effort to know God. Precious believes that with God as the foundation of one's efforts, healthy habits such as those Scripture associates with believers in Galatians 5, are achieved by following the example of Jesus. Jesus, the ultimate example of the human experience, never limited his efforts to one area of wellness as we mistakenly do. Jesus was often found in the synagogues or praying, but also fed the hungry, forgave sins, offered compassion to the socially outcast, healed physical infirmities, and spent undivided attention with his disciples. In order to know God we must follow the example of Jesus and be intentional to include our faith in every area of our lives.

Accountability Partner (AP) Commitments

1. My AP contacted me to ask about my progress at least once per week (or we alternated who called each week).
2. My AP listened to, without interrupting, as I shared my glows and grows.
3. My AP shared his/her glows and grows with me.
4. My AP prayed for me.
5. My AP offered wise counsel for a personal conflict I was facing.
6. My AP attended at least one C.F. group exercise class with me each week.
7. My AP exercised with me outside of C.F. group exercise classes.
8. My AP offered encouragement when I communicated that I felt discouraged.
9. My AP celebrated my successes.
10. My AP communicated cancelations at least 24 hrs ahead of time and rescheduled with me.

Share something your accountability partner can do to support your growth.

Share something that may <u>not</u> be helpful for your accountability partner to do or say.

Other things important to you and your accountability partner (e.g. what C.F. classes you will attend together)

I commit to being your Accountability Partner on this _____ day of _____, _____.

X_____ **X_____**

Incentive Program (Optional)

If affordable for both partners, it is suggested that Accountability Partners decide on a list of incentives worth no more than $10 (or an agreed upon value) that will be purchased for the other each week. Incentives are given when one or both partners demonstrates growth by beating his/her own growth score. The growth score is calculated by subtracting the prior weeks' total points from the current weeks' total points. One point is allotted per each new healthy behavior attempted (each "Y/Yes" equals 1 point) and should be totaled at the end of each week. Don't forget to give yourself 5 points for each Collins Fit Exercise Class you attend as well! The optional, partner funded incentive program is outlined at the top of Week 1's Godly Habits Self Evaluation and is meant to celebrate growth not mastery or perfection.

Example A: Incentive Earned!
_____5_____ This Weeks' Total Points (+5pts/C.F. exercise class) - ____2_____ Last Weeks' Total Points =_____3____ Growth Score

Example B: Incentive not earned, yet!
_____5_____ This Weeks' Total Points (+5pts/C.F. exercise class) - ____7_____ Last Weeks' Total Points =____-2_____ Growth Score

Incentive Ideas

Partner 1 Name: _____	Partner 2 Name: _____
List gifts you would like to receive below Examples: 1. Organic Shea Butter 2. Warm Apple Pie Wall Plug In 3. Book from abebooks.com  4. Canoeing at a local state park 5. A House Plant 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____	List gifts you would like to receive below Examples: 1. Action Movie 2. Collins Fit T-Shirt 3. Gift Card  4. A water bottle 5. Gel shoe in-soles 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____

How to Earn an Incentive? (Incentive Program, Optional)
_____ This Weeks' Total Points (+5pts/C.F. exercise class) - ___N/A_____ Last Weeks' Total Points =_____N/A____ Growth Score

1. Attend at least one Collins Fit Exercise Class (5 points/class)
2. Award 1 point per "yes" on your Weekly Self-Evaluation
3. Calculate your Growth Score
    a. Week 1: No Growth Score Required: Attend one Collins Fit Exercise Class + 5 points on Self-Evaluation
    b. Weeks' 2-4 Eligibility: Growth score of 1 or greater
    c. Weeks' 5-8 Eligibility: Growth score of 2 or greater
    d. Weeks' 9-12 Eligibility: Growth score of 3 or greater

Week 1 - Godly Habits Weekly Self-Evaluation
Collins Fit Fitness Program

Directions: You and your accountability partner will regularly revisit prior topics as you adopt new healthy habits together (shaded green). Complete as many items as you can within one week but continue to the next topic at the beginning of the next week even if you have not completed all tasks. You will have an opportunity to go back over to the ones you missed in weeks six through twelve of the program. You may move ahead if you finish early, but try not to leave your partner too far behind. Be sure to discuss your progress with your partner at least once per week.

Spiritual Habits	**Y/N**
I prayed with my Accountability Partner	
I listened to or read scripture	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)	
I memorized a scripture this week or made a conscious effort to	
I sought or offered wise counsel about a personal conflict	
I resisted evil (e.g. pornography, gambling, stealing, etc)	
I honored my father and mother	
I made time and space to listen for God	

How to Earn an Incentive?
_____ This Weeks' Total Points (+5pts/C.F. exercise class) - _____ Last Weeks' Total Points =_____ Growth Score

Week 2 - Godly Habits Weekly Self-Evaluation
Collins Fit Fitness Program

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Social and Emotional Habits	Y/N	Spiritual Habits	Y/N
I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self affirmations)		I prayed with my Accountability Partner	
I forgave somebody who wronged me		I listened to or read scripture	
I made time for self-care (e.g. adequate sleep or time in nature)		I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)	
I volunteered my time or money to my community		I memorized a scripture this week or I made a conscious effort to	
I gave my family undivided attention		I sought or offered wise counsel about a personal conflict	
I sought out ways to improve my communication with others		I resisted evil (e.g. pornography, gambling, stealing, etc)	
I discussed my self-evaluation with my Accountability Partner		I honored my father and mother	
I forgave myself		I made time and space to listen for God	

How to Earn an Incentive?
_____ This Weeks' Total Points (+5pts/C.F. exercise class) - _____ Last Weeks' Total Points =_____ Growth Score

Week 3-Godly Habits Weekly Self-Evaluation
Collins Fit Fitness Program

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Dietary Habits	**Y/N**
Daily, I drank enough water. CDC recommends 125 ounces for men and 91 ounces for women	
I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I made a grocery list in alignment with my meal plan	
I executed my meal plan and I made a plan to improve the areas I failed in	

Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self affirmations)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I made time for self-care (e.g. adequate sleep or time in nature)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

How to Earn an Incentive?
_____ This Weeks' Total Points (+5pts/C.F. exercise class) - _____ Last Weeks' Total Points =_____ Growth Score

Week 4-Godly Habits Weekly Self-Evaluation
Collins Fit Fitness Program

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		Daily, I drank enough water. CDC recommends 125 ounces for men and 91 ounces for women	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I discussed frivolous spending (money used to support an addiction that competes with my relationship with God)		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self affirmations)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I made time for self-care (e.g. adequate sleep or time in nature)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

Week 5 & Week 9 - Accountability Partner Evaluation

My Name: _____ **My AP's Name:** _____ **Date:** _____

Directions: Evaluate your partners' level of support for you during this process. Give a copy to him/her and discuss.

Questions AP: Accountability Partner; Glow: A accomplishment; Grow: An unmet benchmark or expectation	**Score Range: 1-3** 1: Highly Supportive 2: More Support Needed 3. No Support Given
1. My AP contacted me to ask about my progress at least once per week (or we alternated who called each week).	
2. My AP listened to, without interrupting, as I shared my glows and grows.	
3. My AP shared his/her glows and grows with me.	
4. My AP prayed for me.	
5. My AP offered wise counsel for a personal conflict I was facing.	
6. My AP attended at least one C.F. group exercise class with me each week.	
7. My AP exercised with me outside of C.F. group exercise classes.	
8. My AP offered encouragement when I communicated that I felt discouraged.	
9. My AP celebrated my successes.	
10. My AP communicated cancelations at least 24 hrs ahead of time and rescheduled with me.	

Share something you would like your Accountability Partner to do differently that would support your growth.

_____

_____

_____

Share something your partner has done or said already that has supported your growth.

_____

_____

_____

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class)- ____ Last Weeks' Total Points =____ Growth Score

Week 5 -Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class) - _____ Last Weeks' Total Points =_____ Growth Score

Week 6 - Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class) - _____ Last Weeks' Total Points =_____ Growth Score

Week 7 - Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class)- _____ Last Weeks' Total Points =_____ Growth Score

Week 8 - Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

Week 5 & Week 9 - Accountability Partner Evaluation

My Name: _____ **My AP's Name:** _____ **Date:** _____

Directions: Evaluate your partners' level of support for you during this process. Give a copy to him/her and discuss.

Questions AP: Accountability Partner; Glow: A accomplishment; Grow: An unmet benchmark or expectation	**Score Range: 1-3** 1: Highly Supportive 2: More Support Needed 3. No Support Given
1. My AP contacted me to ask about my progress at least once per week (or we alternated who called each week).	
2. My AP listened to, without interrupting, as I shared my glows and grows.	
3. My AP shared his/her glows and grows with me.	
4. My AP prayed for me.	
5. My AP offered wise counsel for a personal conflict I was facing.	
6. My AP attended at least one C.F. group exercise class with me each week.	
7. My AP exercised with me outside of C.F. group exercise classes.	
8. My AP offered encouragement when I communicated that I felt discouraged.	
9. My AP celebrated my successes.	
10. My AP communicated cancelations at least 24 hrs ahead of time and rescheduled with me.	

Share something you would like your Accountability Partner to do differently that would support your growth.

_____

_____

_____

Share something your partner has done or said already that has supported your growth.

_____

_____

_____

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class)- ___ ___ _____ Last Weeks' Total Points =_____ ___ ____ Growth Score

Week 9 - Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class)- ___ ___ _____ Last Weeks' Total Points =_____ ___ ____ Growth Score

Week 10 - Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class) - _____ Last Weeks' Total Points =_____ Growth Score

Week 11 - Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

How to Earn an Incentive? _____ This Weeks' Total Points (+5pts/C.F. exercise class)- ____ Last Weeks' Total Points =_____ Growth Score

Week 12 - Godly Habits Weekly Self-Evaluation (Master List)

Directions: Accountability Partners, continue to adopt new healthy habits together. Be sure to discuss your progress together at least once per week.

Exercise Habits	**Y/N**
I attended one Collins Fit group exercise class (5 points/class + 1 point/partner participation)	
I exercised for 150 minutes this week (e.g. I walked briskly at least 30 minutes per day, 5 days during the week)	
I used lifestyle activities such as gardening, parking farther, walking a pet, walking during breaks and using a pedometer	
I scheduled a doctors' appointment (preventive care such as a routine physical, mammogram, dental exam)	
I scheduled a doctor's appointment (responsive care to address a problem - marriage counseling, dental surgery)	

Financial Habits	**Y/N**	**Dietary Habits**	**Y/N**
I began or committed to continue tithing		I drank enough water daily 125 ounces (men), 91 ounces (women)	
I had my finances evaluated by an expert/advisor		I made a meal plan with my nutritionist or other expert (add a multivitamin)	
I started saving money		I made a grocery list in alignment with my meal plan	
I aligned my budget with my relationship with God		I executed my meal plan and I made a plan to improve the areas I failed in	
Spiritual Habits	**Y/N**	**Social and Emotional Habits**	**Y/N**
I prayed with my Accountability Partner		I made time for self-care (e.g. adequate sleep or time in nature)	
I listened to or read scripture		I forgave somebody who wronged me	
I listened to or read biblical commentary (e.g. sermon, blue letter bible, self help books)		I was intentional with my words (e.g. stopped complaining, cursing, spoke positive self-affirmations)	
I memorized a scripture this week or I made a conscious effort to		I volunteered my time or money to my community	
I sought or offered wise counsel about a personal conflict		I gave my family undivided attention	
I resisted evil (e.g. pornography, gambling, stealing, etc)		I sought out ways to improve my communication with others	
I honored my father and mother		I discussed my self-evaluation with my Accountability Partner	
I made time and space to listen for God		I forgave myself	

Reflection and Prayer

Congratulations!
You have completed a twelve week journey towards a closer relationship with God, others and yourself. Take a moment to reflect on your journey. Have you celebrated your growth? Do you feel closer to God now than when you started this journey? Have your relationships improved? Are there areas of your wellness that you need to revisit? Are there still behaviors that you need to reinforce while others you need to replace? Did you grow each week and if not what obstacles were hardest to overcome? What plan can you make to improve your intentional efforts to know God starting from this day? Do you need to recommit to the plans of God for your life?

When the Passover had come and it was time for Jesus to be betrayed, Jesus asked the Father three times to let this cup pass from him. Mathew 26: 39 KJV reads, "And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt." Knowing the depth of the emotional, spiritual, and physical responsibility of Calvary gave Jesus a reason to want to avoid the task he was put on this Earth to complete. In a similar way, when you look back at all the sacrifices required to live a life acceptable in the sight of God, you may be feeling the same reservations. Fearing that the task is too big, you may ask God if there is an easier journey to knowing him. Jesus is the ultimate example of the human experience, because even when the required sacrifice was great, His surrender became greater. My prayer for you, is that as you realize the cost of your Faith that your surrender or your resolve to love God will too become relentless.

It is now time to ask God where to go from here. Have you considered his desires for your parenting habits? Have you invited Him into your marriage or business? Whether you decide to reattempt this twelve week process or you feel ready to seek God about other areas of your life, be mindful of this truth. The goal is in how you journey, not in arriving at a particular destination. In other words, don't stop growing; be faithful! Revelation 2:10 NIV reads, "Do not be afraid of what you are about to suffer…... Be faithful, even to the point of death, and I will give you life as your victor's crown."

Let's pray…
Father, we know you require us to follow after you with all our heart, mind, soul and strength (Mark 12:30). We love you and want to live according to your desires for our lives. Help us to be prepared for this journey. Send hope just as you sent the woman with the Alabaster Box to anoint and encourage Jesus before the Passover. Send discernment, just as you provided to Jesus that Peter would deny him. Send us the courage to rebuke our betrayers even as Jesus exposed the ill-will of Judas, his disciple. Connect us with people who have the strength to pray with us at our most vulnerable moments. Leave us not unguarded as Jesus was left alone to weep in the Garden of Gethsemane when His disciples slept as He prayed. Give us a heart to forgive those who insult us, just as Jesus died for the ones who beat, slapped, spit upon, and crucified Him. Fill us with your Spirit and may we grow in you as a branch grows on a vine. Thank you for the journey. Thank you for your presence on the journey. Thank you for the good that will come from our decision to remain surrendered to your will. Bless us and bless us again, Lord! In the name of Jesus we ask these things, Amen.