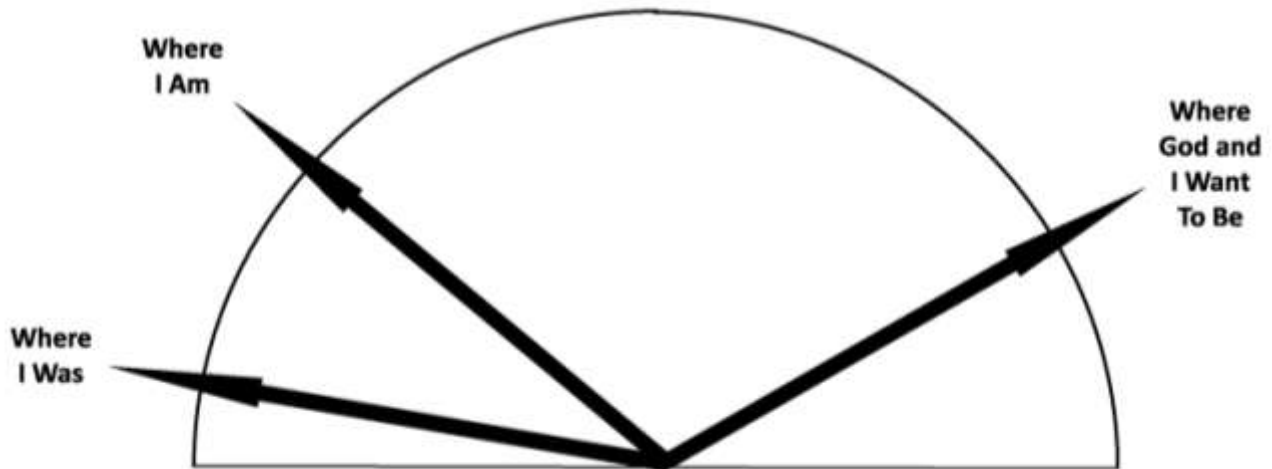


Let's Move The Needle!



The journey of a thousand miles begins with one step. Lao Tzu

It is difficult to make complete changes in our lives but we know specific positive activities will help us make progress. Below are some activities from which you have the opportunity to choose one or two things to begin to work on to help you make progress in life or to "move the needle" forward.

- Begin to read the Bible regularly - start slow
 - Complete your court program successfully
 - Find a church to attend regularly
 - Research possible career options
 - Forgive/apologize to someone
 - Follow a plan to sobriety
 - Develop a new positive relationship
 - Follow a plan to lose 5 lbs.
 - Make regular time for pray each day
 - Focus to grow your positive attitude
 - Meet weekly with a friend for encouragement
 - Do an act of kindness every day
 - Start a positive hobby
 - Read main Bible stories: Joseph, Daniel, David, Jonah, Ruth, Esther, etc.
 - Read a biography to learn from others
 - Pursue education for a future career
 - _____
- Begin an gentle exercise program
 - Repair a relationship
 - Attend a support meeting consistently
 - Read a positive book
 - Change your attitude toward something
 - Begin a new, positive habit
 - Prepare to take your HS equivalency test
 - Begin breaking a negative habit
 - Serve someone else regularly
 - Focus to see things from other's view
 - Do a volunteer job consistently
 - Learn to play an musical instrument
 - Set aside emergency money
 - Study a Bible topic: forgiveness, anxiety, money, anger, joy, marriage, gospel, etc.
 - Delete negative people from Facebook/Phone
 - Read the Proverb of the day for a month
 - _____

"Moving the needle" is a lifelong process. Once you accomplish one or two activities, you can look at starting the next. Before long, the needle will move and you will be much closer to who God and you want to be.

I will choose to begin to work on the following one or two activities:

1. _____

2. _____

Signed

Date