



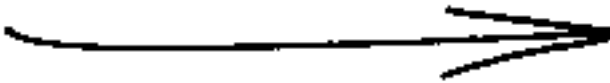
...be transformed

the 28-day intentional living experiment

Thom Miller

...be transformed

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Thom Miller

...be transformed. 28-day intentional living experiment
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To the guys at the BCJ.

*Thank you for encouraging me
and inspiring me to live life better.
Starting today. Starting now.*

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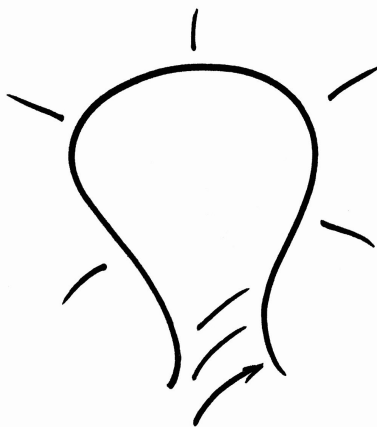
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...aware

Welcome



Let the Transformation Begin

Let's not conform.

Let's **...be transformed.**

Let's live life better, start today, starting now!

Awareness

Transformation begins with awareness. With awareness, we can begin to assess, take aim, and act. This is intentional living. This is where a transformed life begins. If we intend to live life better, we need strong practices and good habits. But first, we need to be aware of the need. When the moment of awareness comes, what we do next is what matters most. We can conform to our old ways or we can be transformed. If we choose transformation, we must choose intentional living. Living each day with purpose and direction. Embracing each day with all our heart, soul, mind, and strength.

Living Life Better

Our next four weeks will be a living experiment, testing and trying out new ideas and practices. By devoting a small amount of time each day to this experiment, we will develop a clearer vision and sense of direction in the key areas of our lives. In just twenty-eight day, we will begin transforming our faith, our families, our finances, and our fitness. We will also begin transforming our careers, our connections, our commitments, and our contributions. Live life aware. Live life balanced. Live life better.

Building a Life Plan

Our transformation experiment will help us build and refine a truly balanced life plan. A plan that is intentional, incremental, authentic, and sustainable. A plan that moves us closer to the best version of ourselves. This experiment will be the life changing nudge we need to get us started. Let's start building our life plan. Not someday. Today.

What This Will Look Like

We will be intentional about this. First, we will examine our lives, contemplate our beliefs, and reflect on our purpose. Then, we will visualize our future, determine our direction, and draft some long term goals. Next, we'll develop short term action plans and choose some daily practices and priorities to keep us focused. Finally, we'll

work to build some specific, purposeful habits and practice them deliberately and patiently. The best part is that taking these small, consistent steps, this will require no willpower or motivation. We will set ourselves up for success by simply showing up and continuing to show up. That's it!

Get It Written, Not Perfect

Our goal isn't to create a perfect plan. Our goal is to create a reasonable, actionable plan so we can grow incrementally and consistently. This is not intended to be a perfect plan. It is meant to be a written plan. A plan that we can adjust as we move forward. Of course the hope is that this experiment will continue well past these twenty-eight days, so you and I can truly *"...be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."* Romans 12:2 (NIV).

Purpose, Meaning, Direction

We were created for a purpose. We are valued. Our lives have meaning. We can find direction. We can live intentionally every day, and that's pretty awesome! We can't do it alone, but the good news is that we don't have to do it on our own. We have God on our side. And, *"If God is for us, who can be against us?"* Romans 8:31 (NIV).

Show Up, Make a Mess, and See What Happens

Experiments can be a little messy, confusing, exciting, and enlightening. It's going to be a great experience if we are patient with this process. Our growth will be incremental and gains will be small. We can't judge how well or poorly we do each day. Let's just celebrate the small daily wins. We just need to observe ourselves without judging ourselves. We need to be easy on ourselves. If we miss a day or if we don't do all of the daily tasks, that's okay. Just start again the next day. If we don't feel like we are doing things right or if we just don't know the answer to some of the questions, that's okay. Just take a deep breath and keep going. We just have to show up and keep showing up. Make a mess. See what happens. Let's allow ourselves to make mistakes so we can learn from them. This is going to be good!

So let the Transformation Begin.

Let's make a plan, make some progress, and enjoy the process.

Tiny, Daily Tasks

28 days.

Just show up.

And do 4 tiny, daily tasks.

The Tiniest Task: Just Show Up

We have twenty-eight days waiting for us. The four tiny tasks should only take a couple of minutes, but REALLY it's important that we just show up every day. If we can do that, we can start to build some habits and make a little progress. And even if that's all we do, that's a win. Crack the book open. Congratulations! That is a daily success. We'll find that once we've shown up, putting in a couple more minutes will be no big deal.

Just Show Up is a Daily Win

Seriously. That's what transformation looks like. Showing up. So just show up and make a tiny bit of progress. Every day. Even if all you do is open this book twenty-eight days in a row, that's a huge win. Small daily gains add up. Often we get caught up in trying to do too much at one time. Then we get burned out and quit. Let's keep this simple. Show up, open the book, maybe read some, maybe write some, but definitely work to build the showing up habit. Building solid habits, transforms lives.

Get to the Starting Line

I want to make this clear. The toughest part of starting any task is just getting to the starting line. Develop the habit of showing up every day and take advantage of the momentum.

What If We Miss a Day?

No problem. We'll just make sure to put this book where we can find it more easily tomorrow. If we miss a day, that's fine. We just won't miss two days in a row. If we do, we'll just start the experiment over again. Remember that the small tasks are not as important as the consistency. Consistency is the key to habit building. Consistency is the key to transformed living.

The 4 Tiny, Daily Tasks

Once we've arrived and completed the tiniest task of simply showing up and cracking open this book, the hardest part is over. Now we just have four tiny, daily tasks that will only take a couple of minutes. Each of these tasks practiced over time can be life transforming. These tasks are inspired by Mark 12 where Jesus was asked, "what is the greatest commandment."

*Jesus said the greatest commandment was to
"love the Lord your God with all your...
...heart...soul...mind...strength." Mark 12:30 NIV*

Tiny Task 1: Breath & Be Quiet

We need to love God with all our heart. We can do this by taking a moment to intentionally quiet and prepare our hearts to encounter God.

Tiny Task 2: Listen & Pray

We need to love God with all our soul. We can do this by taking a moment to intentionally read scriptures, listen for God to speak, and pray.

Tiny Task 3: Read & Learn

We need to love God with all our mind. We can do this by taking a moment to intentionally read a short lesson or story with an open mind and learn with a growth mindset.

Tiny Task 4: Think & Act

We need to love God with all our strength. We can do this by taking a moment to intentionally reflect on a task, write a short journal, and experiment with an action from the reading.

Breathe and Be Quiet

Silence and the Heart

Every day, we show up. Then we do these four tiny tasks. This is the first of these tasks. The foundational habit for a successful, intentional life is being able to simply breathe and be quiet. This simple, yet powerful act is a life changing. A perfect way to begin every day is to love the Lord our God with all our heart. Breathing and being quiet is our intentional action that will help us take this experiment to heart and set our hearts right each day.

Presence and Transformation

There is a connection between breathing, being quiet, and being transformed. In the silence, we can begin to let go of ourselves. Spending this time in quiet meditation allows us awareness of God's presence. Let go of the past and the future. Be present. Practice. Be patient. Let's not judge ourselves as doing it "wrong" or "right." We just need to keep showing up. That intentional practice will bring real transformation.

Breath and the Flow Life

To begin, let's take a moment and just think about our breathing. Just feel the air moving in and out. Slowly. Deliberately. Focusing on this breath only. This breath right now. We can't breathe for yesterday. We can't breathe for tomorrow. We can only breathe the air we need right now. Breathing is continuous and essential to the flow of life. Let's allow ourselves to get lost in this present moment and appreciate it.

The Beating Heart

Now let's think about the beating of our hearts. Our hearts aren't worried about the past or the future. Our heart provides the continuous flow of life-giving blood. Our hearts are all about the now. Pretty nice analogy to the presence of God. Every moment, whether we pay attention or not, our breathing continues. Our heartbeats continue. The presence of God continues.

A Game-Changer

Let's take another moment to practice simply silence. Being aware. Being in the presence of God. We don't need a plan or an agenda. We

need to BREATHE and BE QUIET. This can be a game-changer. Think about that for just a moment. Breathe and be quiet. This is a powerful way to begin a day or to simply take a moment to reset our minds and clear our hearts throughout the day.

Things to Try

So what does it look like to breathe and be quiet? In this twenty-eight day experiment, we will play around with some ideas and see what works for us. As we move forward, we will simply enjoy the practice and the presence of the moment and of God. Here is a list of things to try:

- Sit comfortably with eyes closed
- Sit up straight with good posture
- Lift the crown of the head with relaxed neck and shoulders
- Pay attention to body tenseness, let go and relax
- Breathe in deeply, pause, breathe out slowly, pause (repeat)
- Focus on the breath, in the nose and out of the mouth
- Be patient and forgiving with ourselves
- Notice sounds, without judging the ever wandering mind
- Gently bring ourselves back to the present and the quiet
- Enjoy the moment, being at peace, being present, being still
- Be intentional and practice as often as we can throughout the day, every day

These are just a few ideas to get started. Feel free to try these out, add to this list, and take away from the list. We can experiment and see what works best for each of us, and we can have some fun with it.

Let's show up.

Let's keep showing up.

Let's be transformed.

Intentional Living

Assess, Aim, Act, Adjust

Intentional living is choosing a lifestyle with purpose, direction, and intentional daily actions. It's choosing to live life with an intentional, active life-plan. For these twenty-eight days, we will ASSESS our lives to get a better understanding of ourselves and our beliefs, and hopefully a better sense of our purpose. Then in each of the key areas of our lives, we will take AIM at our future and ACT as we figure things out. We will try out a lot of new ideas and start learning more about ourselves. We will make small gains and celebrate daily wins, as we also find a lot of things that don't work as well. Then we will take what we've learned and ADJUST our plans and actions as we go along. We will observe but not judge. But most importantly, we will show up and keep showing up.

Four Stages of Intentional Living

<i>Assess</i>	Examining Our Lives. Contemplating Our Purpose. Visualizing Our Future.
<i>Aim</i>	Determining Our Direction. Developing Our Goals Choosing Our Plans
<i>Act</i>	Prioritizing Our Tasks. Choosing Our Habits. Practicing Our Experiments.
<i>Adjust</i>	Assessing Our Progress. Refining Our Process Enjoying Our Transformation.

Key Areas of Intention

Balanced Life Plan

In a balanced life, there are some key areas in our lives that need regular attention and intention. Unfortunately, our attention is often haphazard and scattered. This experiment identifies nine interrelated areas of our lives to attend to and develop. Over the next few weeks, we will help unify these key areas by drafting a simple, balanced life plan.

Getting, Gaining, and Giving

There are three elements of intentional living. Getting, gaining, and giving. The first is *Getting our Attention*. We have to be aware of the need to improve and what that entails. The second is *Gaining a Foundation*. We gain by developing and growing in our faith, our family, our fitness, and our finances. These are the areas that typically cause the most stress when out of balance. Developing a foundation in these areas makes it possible to move to the next element, *Giving Ourselves to Others*. True joy and satisfaction come when we can lift ourselves AND others.

Getting Our Attention

Awareness of Our Need for Improvement

Gaining a Foundation

Faith

Family

Fitness

Finances

Giving Ourselves to Others

Career

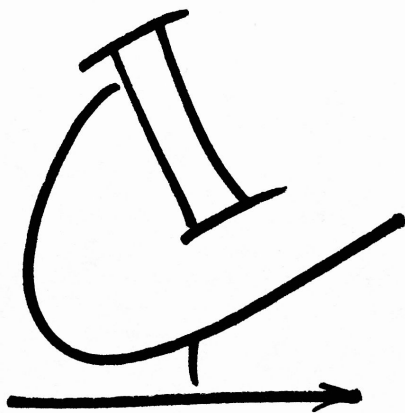
Connections

Commitments

Contributions

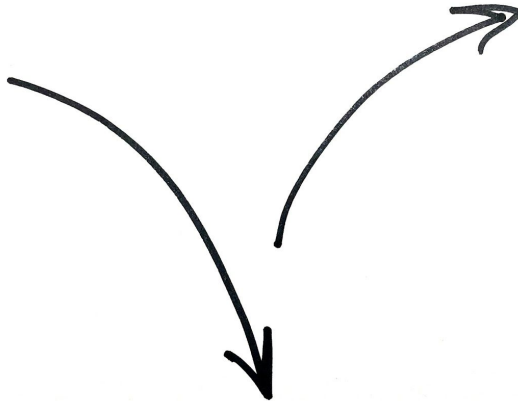
...*assess*

Week 1



Today's Tasks

- Breathe
 - Read Matthew 6:9-13
 - Define “Intentional Living”
 - Start a Daily Journal
-



day 1

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

This task is a daily priority in a life of intention. There is great power in the simple practice of sitting in silence and focusing on the breath. This practice creates calm and clarity. The positive effects are physical, emotional, and spiritual.

Practice.

Draw from this.

Start now.

"...with all your SOUL"

Task 2: Listen & Pray

A good way to follow quiet time is to spend some time in scripture and prayer. There are three scriptures listed below. Read through them and choose a verse or phrase or word focus on and consider. After the scripture, spend a moment in prayer.

In Mother Teresa's book, The Simple Path, she says "the fruit of silence is PRAYER." She said prayer begins in silence because that is when we hear God speak. Meditating on scripture often allows us to hear more clearly. Listening first is a great way to build relationships. As Stephen Covey would say, "Seek first to understand, then to be understood."

Seek. Listen. Pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Today's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

day 1

"...with all your MIND"

Task 3: Read & Learn

Intentional Living is choosing to live every day with purpose and direction. It's a lifestyle choice that takes daily attention and action. In this experiment, we are going to spend time, assessing, taking aim, acting, and adjusting.

We ASSESS our lives, our purpose, and our future.

We take AIM toward our direction, our goals, and our plans.

We ACT with tasks, habits, and experiments.

Then we ADJUST considering our progress, our process, and our transformation. Intentional Living is a process that takes time to develop, so we will devote a little time over the next twenty-eight days to it.

"...and with all your STRENGTH"

Task 4: Think & Act

Every day, we will have a daily action. Today, we start a journal. The following page is a blank "*daily journal*" page. Just jot a note, or a word, or a thought, or a gratitude. We can use a small or big spiral notebook or a digital format if we prefer. We can play around try some different formats, but the important thing is to have a journal to reflect on and in. It is a valuable practice.

Let's start now.

Let's be intentional.

Let's be transformed.

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Today's Tasks

- Good Posture
 - Read Mark 12:30-31
 - Introduction to the 9 “Key Areas of Intention”
 - Pick a Teammate
-



day 2

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Remember that this first task is a daily priority in a life of intention. Simply breathing in silence helps us focus and helps create a sense of calm and clarity. Let's begin by sitting comfortably, with our eyes closed, taking a few slow, steady, relaxing breaths. We need to remember to use good posture as we relax our minds. Try this out today. Starting now.

Here we go.

Breathe.

Be quiet.

"...with all your SOUL"

Task 2: Listen & Pray

When we feel a sense of calm, we can go directly to scripture and prayer time. After we read the scriptures and listen in silence, we can begin praying. As Mother Teresa said, "the fruit of silence is PRAYER"

Here we go.

Listen.

Pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Today's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself. There is no commandment greater than these." Mark 12:30-31 (NIV)

day 2

"...with all your MIND"

Task 3: Read & Learn

An intentional life requires regular attention to the key areas of our lives. As we visualize the best future version of ourselves, let's consider this list. We will use this to begin building a balanced, intentional life plan.

These key areas are faith, family, fitness, finances, career, connections, commitments, and contributions. Over the next four weeks, we will develop a life plan draft that includes attention and intention in each of these areas. But first, we can use some support. Someone to help us through this process. We need a teammate.

"...and with all your STRENGTH"

Task 4: Think & Act

Our action for today is to choose a teammate. We need someone we trust who can support us over these next few weeks. Their job will be to encourage us. Our job is to be accountable to them. Don't judge. Just notice observe. Our teammates will help us see things we might not see on our own. So let's pick a teammate and let them know what we're doing. It'll be more effective and fun to bring someone along for the adventure. In today's journal, let's list a few possible teammates. Then let's talk to them.

Let's give it a go.

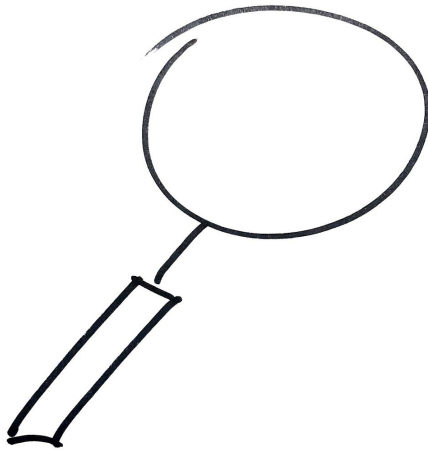
Let's start now.

Let's be transformed.

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Today's Tasks

- Relax
 - Read Galatians 5:22-23
 - Introduction to “Controllables” and “Habits”
 - Observe Our Habits
-



day 3

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's begin today with relaxing our minds and breathing slow, steady breaths and good posture. Let's breathe, quiet our minds, and prepare our hearts. Breathe. Be quiet. Start now.

"...with all your SOUL"

Task 2: Listen & Pray

Let's spend a little extra time in silence today after we read our three scriptures that follow. We need to remind ourselves that we are in the presence of God. Let's make this moment draw us in.

Lean in.

Listen.

Pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Today's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

day 3

"...with all your MIND"

Task 3: Read & Learn

I love the Fruit of the Spirit passage! Just think about those two verses for a minute. These fruit are a glimpse of our true selves. This glimpse can also help us see our potential. If and how we decide to close this potential gap is completely within our control. A pretty common piece of coaching advice to athletes is to "control the controllables." When we build strong habits we begin focusing on things within our control. In his book, The Power of Habit, Charles Duhigg discusses how habits are learned and reinforced. Over the next few days, we will focus on techniques that will help us control some controllables in our lives. As we better understand our habits, we can channel the power to help us complete tasks to accomplish our goals. Our actions can be directed by a vision that supports a mission to live life better. That's good stuff. That's transformative stuff.

"...and with all your STRENGTH"

Task 4: Think & Act

The first step to understanding our current habits is to simply observe ourselves. We will start by listing the little things we do every day. For example, hit the snooze, read from the smartphone, get up, make the bed, make coffee, use the bathroom, read, watch the news, do makeup/hair, brush and floss, choose some clothes, wake up kids, make breakfast, feed the dog, etc. Coming up with a list should be pretty easy.

So here is our job today. Let's just observe ourselves. We don't need to change anything or judge ourselves or feel bad. We're just paying attention to our habits and making some notes.

Get started.

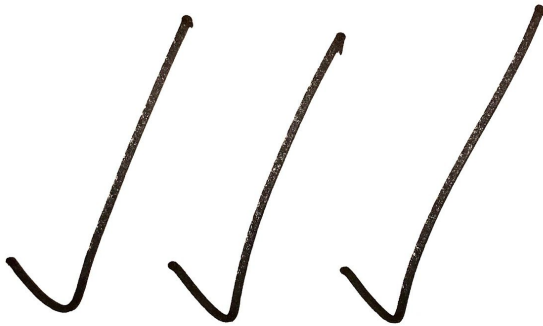
Do it now.

Be transformed.

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Today's Tasks

- Focus
 - Read Psalm 51:10-12
 - Incremental Gains and Consistency
 - Be Average
-



day 4

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's relax and take a moment to calm our minds. As we take a few slow, steady, relaxing breaths, we can focus on using our posture. I think of good posture as being alert but relaxed. Right now, we are preparing our hearts for time in silence and time with God.

"...with all your SOUL"

Task 2: Listen & Pray

As we spend this time in silence, we are preparing to encounter God. Let's read the three scripture passages on the following page slowly and deliberately. Allow time to absorb the words. Step into this moment and allow the soul to be stirred. This is good.

Let's listen.

Let's pray.

Let's be stirred.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Today's Scripture

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me." Psalm 51:10-12 (NIV)

day 4

"...with all your MIND"

Task 3: Read & Learn

Gwen Jorgensen won the gold medal for triathlon in Rio 2016. There is a great article about her in Triathlete Magazine called *Behind Gwen Jorgensen's Four-Year Journey to Gold*. In the article, her husband was asked what sets her apart from other athletes. He said, "Gwen doesn't show up every day and produce excellence, she just shows up every single day with a focus...excellence in consistency has been her biggest strength." He also said that she works to be "average every day." This includes her competitive days. Excellence is a product of consistency. Gwen's "average performance" does not rely on emotions or daily motivation level. It relies on having a consistent routine that progresses systematically and incrementally. This approach ultimately produced a gold medal. That's good stuff. That's life transforming stuff.

"...and with all your STRENGTH"

Task 4: Think & Act

Today our task is to **breathe & be quiet**, and to **listen & pray**. We can make a decision right now to live a life of excellence in consistency. Today can be a step down the path on our own personal "Journey to Gold." And that's pretty awesome!

Let's make today count.

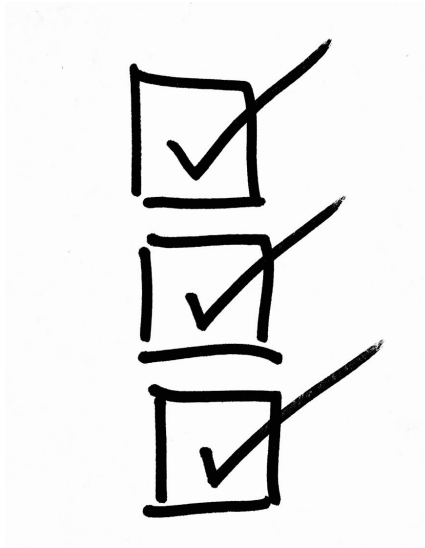
Let's be average.

Let's be transformed.

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Today's Tasks

- Stretch
 - Read Colossians 1:9-12
 - Choosing Your Habits
 - Create a Daily Habits Checklist
-



day 5

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's take a moment to sit up straight and tall. As we lift the tops of our heads, we can relax our neck and shoulders. Let's take a moment to breathe deeply and slowly. As we breathe slowly, we can begin to calm our minds. We can take this time to prepare our hearts to meet with the presence of God.

"...with all your SOUL"

Task 2: Listen & Pray

As we read the three scripture passages, let's spend some time in silence. Let's listen to God. Then let's talk with God.

Read.

Listen.

Talk.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Today's Scripture

"...we continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light" Colossians 1:9-12 (NIV)

day 5

"...with all your MIND"

Task 3: Read & Learn

How to run a marathon: decide to run a marathon...run a marathon. Okay, so I left out several steps (literally and figuratively), but every time we show up, we close the gap. The gap between wanting and doing. Even beginning runners can set their sights on a marathon and begin training by taking that first step. Then they just have to show up. Over and over and over again. The trick is to start very small, be very patient, and be very consistent. This is how we close the gap. Decide, start small, and be consistent.

To help us start developing our new habits, we have a sample "daily habits checklist" and a blank one in the *Resources* section of this book. Personal development legend, Jim Rohn says "Motivation is what gets you started. Habit is what keeps you going."

"...and with all your STRENGTH"

Task 4: Think & Act

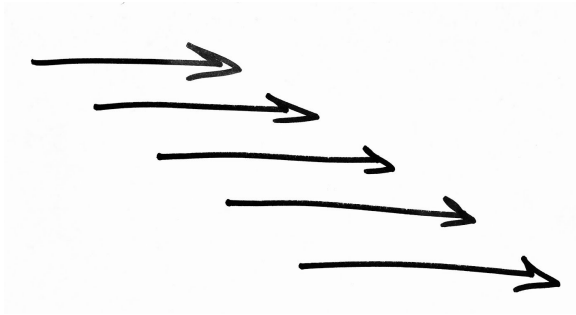
Today our task is to choose a habit to build for the next few weeks. Pick something super simple and easy to such as meditating or journaling. You can begin tracking your new habit in the "Daily Habit Checklist" in the *Resources* section of this book. Jim Rohn said, "Success is nothing more than a few simple disciplines, practiced every day.

Make today a success.
Build some habits.
Be transformed.

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Today's Tasks

- Recognize Tenseness
 - Read Philippians 2:3-4
 - Deliberate Practice
 - Deliberately Practice Habit-Forming Skills
-



day 6

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's breathe in deeply, sit tall, breathe out slowly, and begin paying attention to our bodies. Are we relaxed or tense? Can we sense calm or stress? When we take a moment to focus on breathing, we begin to recognize tenseness and distractions that keep us from preparing our hearts to be in the presence of God.

Breathe.
Recognize.
Prepare.

"...with all your SOUL"

Task 2: Listen & Pray

Let's read these three scripture passages and spend a few breaths in silence. If we feel tense, focus back on breathing for a moment. Then let's read the scriptures again. Let's prepare to listen to the Word. Let's prepare to listen to God.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Today's Scripture

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others" Philippians 2:3-4 (NIV)

day 6

"...with all your MIND"

Task 3: Read & Learn

Daniel Coyle's book, The Talent Code, completely changed the way I think about talent and skill building. This is especially significant to me as a parent, teacher, coach, and chaplain. Coyle visited several "talent hotbeds" where an unusual number of people developed tremendous talent in specific disciplines. Although the disciplines varied greatly, he found many patterns and commonalities in how these exceptionally skilled individuals trained. They were also similar in what motivated them and how they were coached. Coyle argued that talent is grown and is developed most effectively over time with a specific kind of practice called "deliberate" or "deep" practice. Deliberate practice involves breaking skills down, then practicing those skills slowly, carefully, intentionally, and purposely. This process takes a tremendous amount of time and patience, but this process is quite effective. Let's keep this in mind over the course of this experiment, and let's focus on the process.

"...and with all your STRENGTH"

Task 4: Think & Act

Today we will pay attention to the first primary tasks of breathing and being quiet. Let's intentionally look for opportunities to practice taking breathing breaks throughout the day. We can use our journal to track this new "deliberate" practice. Habit-forming skills we practice will help sustain us far beyond the length of this experiment.

Let's practice.

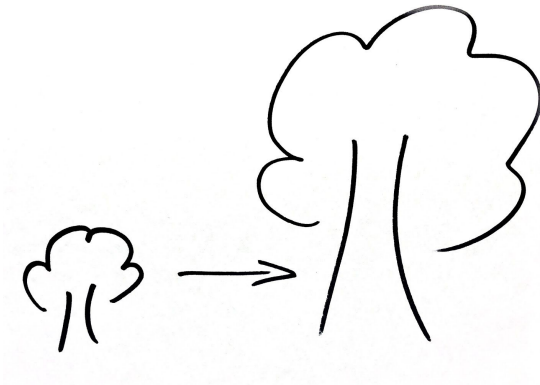
Let's be deliberate.

Let's do this!

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Today's Tasks

- Be Still
 - Read Psalm 46:10
 - Mindsets
 - Pack Your Bags
-



day 7

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's take a moment to quiet our minds. Breathe in deeply, pause, exhale fully, pause, and repeat. We are preparing our hearts.

Let's breathe.

Let's be quiet.

Let's be still.

"...with all your SOUL"

Task 2: Listen & Pray

Here we go. Here are our three scripture passages. Before we read, let's take a few more slow deep breaths. Consider the words that follow. Let's allow ourselves to encounter God through these words. Step into this moment prepared.

Read.

Listen.

Pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-18 (NIV)

Today's Scripture

"...Be still, and know that I am God..." Psalm 46:10 (NIV)

day 7

"...with all your MIND"

Task 3: Read & Learn

The book, Mindset by Dr. Carol Dweck is another great book that has completely changed the way I look at learners and the learning process. Dr. Dweck, Professor of Psychology at Stanford University, identifies two kinds of learners. Those with a "growth" mindset and those with a "fixed" mindset. According to Dr. Dweck, people with a growth mindset value the process of learning. They tend to seek challenges and appreciate the gradual gains they make. These learners define themselves by their efforts and their perseverance. The other type of learner is one with a fixed mindset. These learners most value looking smart or skilled and they try to avoid failure. People with this mindset often stick to what they already know and can do well. They tend to avoid challenges and often give up quickly. In this twenty-eight day experiment and in life, this is important to consider.

Don't be defined by struggles, failures, difficulties, and setbacks.
Be patient with the process.
Adopt the growth mindset.

"...and with all your STRENGTH"

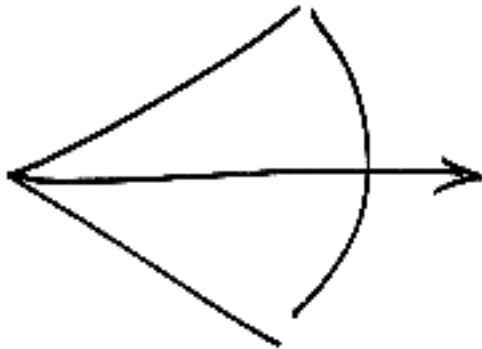
Task 4: Think & Act

Our goal for week one was to introduce intentional living and start developing some basic habits. The goal for week two is to begin drafting a life plan. So let's take a moment to visualize the best version of ourselves. This is our destination. Let's pack our bags and head in this direction with purpose and intention. Let's get started and let's enjoy the journey.

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...aim

Week 2



Today's Tasks

- Breathe Deeply
 - Read Philippians 4:6-7
 - Begin with the End in Mind
 - Draft Your 9 Vision Statements
-



day 8

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's take a moment to breathe deeply, paying attention to each breath. Feel the air filling the lungs, then feel the slow release of air from the lungs. Breathe in the nose and out of the mouth. Do this for several breaths. Each breath relaxes and calms us further as we prepare our hearts and minds for these next few moments.

"...with all your SOUL"

Task 2: Listen & Pray

As we continue breathing deeply, let's breathe in these three scripture passages, taking them in deeply. In the silence before and after the reading, let's take in that we are the presence of God.

Be silent.

Be present.

Be transformed.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:30-31 (NIV)

Today's Scripture

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7 (NIV)

day 8

"...with all your MIND"

Task 3: Read & Learn

In Steven Covey's book, 7 Habits of Highly Effective People, the second habit is to "begin with the end in mind." We need this mindset as we visualize our future and make our daily action plans. Then each day, we begin closing the gap and building our bridge from here to there. Michael Hyatt, co-author of Living Forward, encourages us to think about the end of our lives and visualize our legacy and think about how we want to be remembered. This exercise can help us begin to recognize what really matters and how we can build toward the life we want. We can build a life with purpose and direction. We can build a life with vision and action. We can begin building the legacy of our choosing if we choose to begin today.

"...and with all your STRENGTH"

Task 4: Think & Act

Today we will begin drafting our vision statements. We have nine key areas of intention: self development, faith, family, fitness, finances, career, connections, commitments, and contributions. Let's choose one or two of these areas and ask ourselves what kind of legacy we want to leave here. And what kind of life do we want to live here. Answering these important questions can help us begin determining the direction of our lives. We can even jot a note or two in each of the nine key areas. Let's remember that this is just a draft. We're just getting some ideas down to get us started. So here we go. Let's do as Stephen Covey suggests and begin with the end in mind.

See it now.

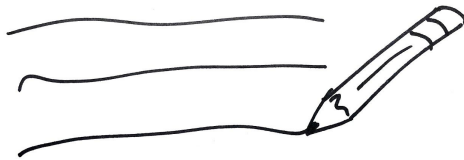
Plan it now.

Start it now.

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Today's Tasks

- Close Your Eyes
 - Read Ephesians 2:8-10
 - We're on a Mission from God
 - Draft Your Personal Mission
-



day 9

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's close our eyes, breathing deeply and slowly. Let's be aware of God's presence. This can be a powerful moment if we allow ourselves to be fully present in the presence of God. Everything is a little different when we approach God this way. Let's relax and enjoy this moment. Let's enjoy the presence of God. Let's enjoy the peace. Let's enjoy the joy.

With eyes closed, breathe.

With eyes closed, be quiet.

With eyes closed, start now.

"...with all your SOUL"

Task 2: Listen & Pray

After we read the three scripture passages, let's spend some extra time in silence reminding ourselves that we are in the presence of God. Take a moment to take that in. Lean in, listen, and pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:30-31 (NIV)

Today's Scripture

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:8-10 (NIV)

day 9

"...with all your MIND"

Task 3: Read & Learn

Jake Blues: "we're putting the band back together."

Elwood Blues: "we're on a mission from God."

In *The Blues Brothers*, Jake and Elwood were on a mission. They were focused and single minded. Their goal was clearly defined and that goal drove all their actions. Mission statements help define and communicate a purpose. Mission statements are a tool to help guide our daily decisions and actions. We all have a purpose and our lives all have meaning, so let's spend some time developing our personal mission statements. Let's get the band back together. *Or at least, get our lives pointed in the right direction.*

"...and with all your STRENGTH"

Task 4: Think & Act

Yesterday we drafted our vision statements. They didn't need to be perfect but simply a starting point. Today we will draft a brief and simple personal mission statement.

As we look at those statements we wrote yesterday, let's think about how those vision statements interconnect to create a balanced life. We can always refine our vision statements in this process. My personal mission statement is "to love, enjoy, inspire, encourage, and positively impact those around me." Take a moment and try to brainstorm and list a few ideas. Remember, we're building a simple draft.

Dream it.

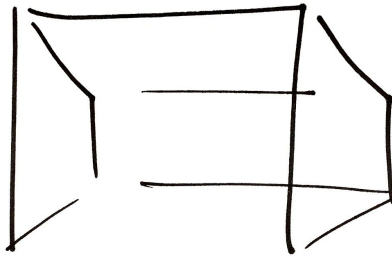
Draft it.

Do it.

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Today's Tasks

- Smile
 - Read Hebrews 11:1
 - Goooooooooooooals!
 - Draft Long Term Goals (part 1)
-



day 10

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's breathe deeply, exhale slowly, smile, and repeat.

This is a good day. We get to spend time with God. We get to know, love, and serve Him with all our heart, soul, mind, and strength. This is a good. God is good. Let's enjoy Him right now.

Enjoy the peace.

Smile.

Repeat.

"...with all your SOUL"

Task 2: Listen & Pray

Let's read the three scripture passages and remind ourselves that we are in the presence of God. As we draw close and lean in, let's continue breathing slowly and deeply. Let's enjoy this moment prepared for us.

Enjoy the presence.

Smile.

Repeat.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:30-31 (NIV)

Today's Scripture

"Now faith is confidence in what we hope for and assurance about what we do not see." Hebrews 11:1 (NIV)

day 10

"...with all your MIND"

Task 3: Read & Learn

"Goooooooooal!" Have you ever heard of Andrés Cantor? You may have never heard the name, but I'm guessing you've heard his voice. He's the soccer announcer famous for yelling "Goal!" for as long as his lungs hold air. He is a HUGE soccer fan, and I love his passion and enthusiasm for the sport. His energy just makes me smile. Goals are exciting but need to be in line with our personal mission and vision. Intentional living relies on our values so we can make a meaningful plan with both short and long term goals. Our goals drive our action plan which in turn drives our daily priorities.

"...and with all your STRENGTH"

Task 4: Think & Act

Today we will write a long term goal that is "SMART." A SMART goal is specific, measurable, achievable, realistic, and time-based. This is just a draft so simply focus on something in line with our vision statements. Here are some sample visions and goals to guide, use, or adapt for yourself.

1. **Self Development:** *vision* - being a life-long learner; *goal* - finish reading Michael Hyatt's Living Forward by the end of next month.
2. **Faith:** *vision* - seeking God daily, meditating on His word; *goal* - meditate on 1 new scripture each week for the next 4 weeks.
3. **Family:** *vision* - continually growing closer to my family, supporting and loving with my time and focus; *goal* - talk (and listen) regularly with family.
4. **Fitness:** *vision* - maintaining a healthy lifestyle long-term; *goal* - work out just a little every day.
5. **Finances:** *vision* - living with financial peace, freedom, and self discipline; *goal* - make only cash purchases / no credit purchases.

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Today's Tasks

- Count Your Breaths
 - Read Hebrews 12:1-2
 - Rudders and Oars
 - Draft Long Term Goals (part 2)
-



day 11

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Relax and breathe deeply. Let's take a moment to simply count our breaths. It usually only takes a couple of breaths to quiet our minds, but today, let's take ten or twelve. Or more. Let's allow ourselves to really take in this moment of silence. Let's be still and quiet. God is here in this moment and in each new breath.

One.

Two.

Three...

"...with all your SOUL"

Task 2: Listen & Pray

Here we are in the presence of God. This is a truly awesome moment. Let's take that thought in as we take a few more deep breaths. As we read these passages, listen to God speaking through the silence. Consider these words. Pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:30-31 (NIV)

Today's Scripture

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." Hebrews 12:1-2 (NIV)

day 11

"...with all your MIND"

Task 3: Read & Learn

Rudders set the direction of the boat. Oars put the boat in motion. This is how James Clear helps us think about our goals and action plans. To reach our destination, we need both rudders (goals) and oars (action plans).

Today we pick up where we left off. Now we focus on our next four goals that help keep us from drifting off course.

.

"...and with all your STRENGTH"

Task 4: Think & Act

Yesterday we drafted long term SMART goals for the first five key areas of intention. Today we will draft SMART goals for the next four. Here are some sample vision and goals.

6. **Career:** *vision*- doing my job exceptionally well; *goal* - read 1 professional article per week and journal ideas to try.

7. **Connections:** *vision* - developing positive and nurturing relationships; *goal* - look for opportunities to connect and uplift. Make at least one unplanned contact to an important friend or connection.

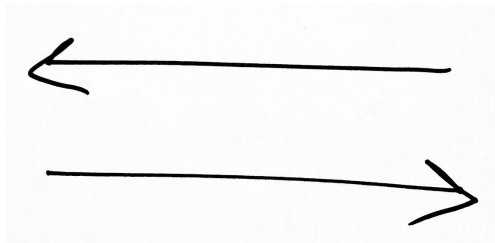
8. **Commitments:** *vision* - being a good steward; *goal* - 10 minutes of cleaning kitchen/bathroom each morning and evening.

9. **Contributions:** *vision* - giving back with my time and resources; *goal* - volunteer my time at least 1 time/month. Tithe regularly. Pick up trash/litter in public places.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Today's Tasks

- Breathe the Name of YHWH
 - Read Ephesians 3:16-21
 - Be Patient, Build Habits
 - Assess Your Habit Building
-



day 12

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Breathe in slowly and softly. Listen to the sound of the air say, "YaH". Breathe out slowly and softly. Listen to the sound of the air say, "WeH". Did you hear it? Listen for the Name of God, YHWH, in the sound of our breathing. How awesome is that?! Every breath of life praises the name of our God! Think about all of God's creation calling back to Him with every breath. Keep repeating the Name of God with each breath.

Breathe
In...YH.
Out...WH.

"...with all your SOUL"

Task 2: Listen & Pray

YHWH is here. Can you hear the Name? Take a few more deep breaths and listen. As we read these passages, let's prepare to be in the presence of God.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:30-31 (NIV)

Today's Scripture

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen." Ephesians 3:16-21 (NIV)

day 12

"...with all your MIND"

Task 3: Read & Learn

We are now twelve days in to this intentional living experiment. When we look back over the past few days, the hope is that we are beginning to build good habits. We should journal every day. We should try out the accountability calendar. We should try using a daily habits checklist. These are tools that help us keep an intentional living mindset. We don't expect perfection. We expect consistency. This requires patience.

Be patient.

Build habits.

Live intentionally.

"...and with all your STRENGTH"

Task 4: Think & Act

For our journal today, let's jot some notes about our habits. Let's write something that is going well and something that still needs work. Remember to be patient and persistent. When we consistently show up, we consistently make progress.

Keep journaling.

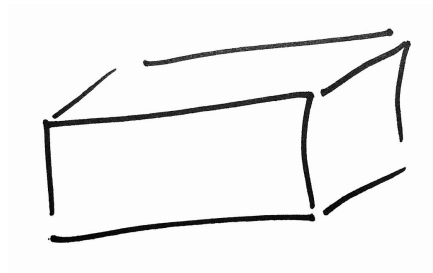
Keep assessing.

Keep building those habits.

[illegible]

Today's Tasks

- Sit Tall
 - Read John 3:16-17
 - Incremental Growth, Brick-By-Brick
 - Breathe, Be Quiet, Listen, and Pray
-



day 13

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Sitting tall with our eyes closed, let's relax and lift the crowns of our heads. As we take a few moments to breathe and be quiet, remember that we are in the presence of our God. And He loves us so much that He sent His Son to live in this world and teach us how to live. Quietly meditate on that thought. And when we do, it's okay to smile. It's good to be loved.

"...with all your SOUL"

Task 2: Listen & Pray

Here we are in God's presence. Take in the moment and take in a few deep breaths. Read and listen.

Sit tall.

Pray.

Smile.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:30-31 (NIV)

Today's Scripture

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him." John 3:16-17 (NIV)

day 13

"...with all your MIND"

Task 3: Read & Learn

Today we get one brick.
What are we going to do with it?

John Maxwell teaches us to stretch ourselves toward our goals. He teaches about incremental growth, and he compares our growth to the incremental process of construction building. Each of us is building a cathedral, one brick at a time. Each day we consistently, incrementally, and intentionally add these bricks to our own personal cathedral. I love the visual of this. "Here you go. Here's today's brick. You only get this one today. So what are you going to do with it?" One brick may not seem insignificant in the big picture, but right now it's all we have and it's all we need. Using our one brick today will get us one brick closer to the work of art which is our life.

Build today.
Build intentionally.
Build wisely.

"...and with all your STRENGTH"

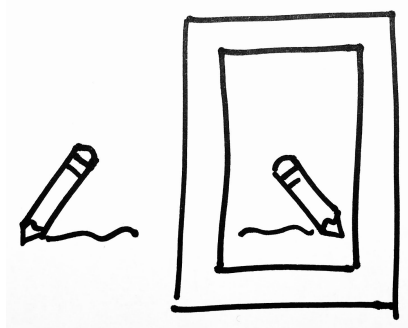
Task 4: Think & Act

For our journal today, let's think about persistence. We are building toward our future with a brick-by-brick mentality. Let's think about our first two tasks. 1. Breathe and Be Quiet. 2. Listen and Pray. As we love God with all our heart (breathe and be quiet) and with all our soul (listen and pray), let's think about our cathedrals and journal about our progress so far.

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Today's Tasks

- Quiet
 - Ephesians 4:1-3
 - Intentional Living Experiment Review
 - Reflect and Journal
-



day 14

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's breathe deeply.

Let's quiet our minds.

Let's be fully present and aware.

When our minds wander, all we need to do is notice our thoughts then let them go. Be quiet. Choose to allow God to take control. Choose to allow Him time to speak. Choose to be prepared to be in awe. This is a good moment.

"...with all your SOUL"

Task 2: Listen & Pray

As we enter the presence of God, let's try to grasp the power of this moment. Let's breathe deeply and quietly, then read these passages. Listen to God speak through the silence. Consider these words. Pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." Mark 12:30-31 (NIV)

Today's Scripture

"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace." Ephesians 4:1-3 (NIV)

day 14

"...with all your MIND"

Task 3: Read & Learn

We've covered a LOT of ground in these past two weeks. We've defined intentional living. We've practiced breathing, quietness, listening, and praying. We've learned about habits and practiced habit building. We've started a daily journal. Most recently, we've created a personal mission statement, with vision statements, and long term goals in each of the key areas of intention.

When we feel like we're falling behind or not keeping up, let's remember that for now, finished is good enough. For now, perfection to be the enemy of the good. We are looking for incremental gains.

"...and with all your STRENGTH"

Task 4: Think & Act

Today, I encourage you to just look back and reflect. Just think about the mission, vision, and goals you've written. You can make some adjustments if you want, but today, just take it all in and simply enjoy the process. Make a journal entry and be impressed with the changes happening in your life. Living an intentional life is living an exciting life. It's living life better.

Starting today.

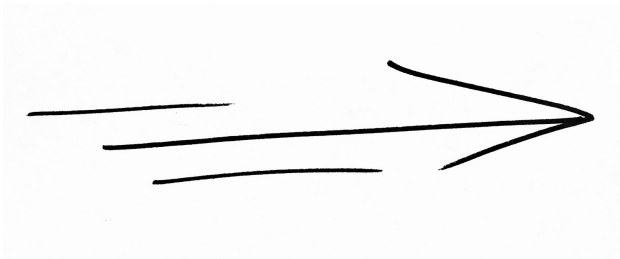
Starting now.

Quietly reflect.

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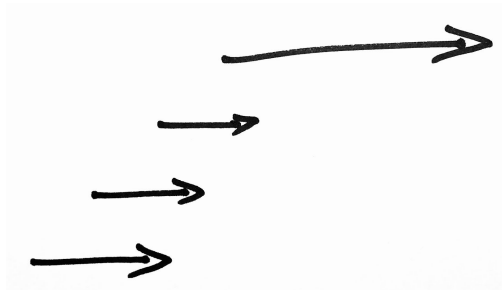
...act

Week 3



Today's Tasks

- Be Curiously Aware
 - Read 1 Peter 1:13-16
 - High Personal Standards
 - Draft First 5 Action Plans (day 1)
-



day 15

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

It's challenging to focus and quiet our minds. That's because our minds are thought machines that struggle to sit idle. So let's keep that in mind today as we simply seek to be aware and pay attention to the present moment. We can be curious about our thoughts. No need to judge ourselves. No need to try and avoid thinking. Let's simply pay attention, acknowledge the thoughts, then gently bring our attention back to our breathing and the quiet of this moment. This is a practice that takes time.

Be curious.

Be patient.

Be a learner.

"...with all your SOUL"

Task 2: Listen & Pray

Continue breathing deeply. Continue practicing quiet. Sit in silence for another moment, then read the passages on the page that follows. Take it in. Pay attention. Enjoy this moment.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

Today's Scripture

"Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'" 1 Peter 1:13-16 (NIV)

day 15

"...with all your MIND"

Task 3: Read & Learn

Allistair McCaw is a top-level sports performance coach and speaker. In his book, 7 Keys to Being a Great Coach, he talks about the value of setting high personal standards. Our goals give us targets and direction but our standards set in motion the daily work of getting better. Living our standards every day helps us accomplish our goals. We determine our values, then we put standards into place. Standards are better than rules because we draw our line, set a clear direction, and control our attitude and approach in meeting them. This week we will create an action plan for each of our goals. This is powerful when we are able to align our goals, vision statements, and mission statement. This is intentionally transformative.

"...and with all your STRENGTH"

Task 4: Think & Act

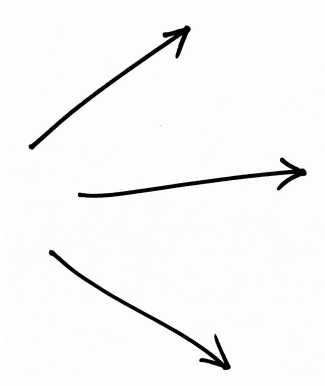
Today, let's come up with an action that will help toward our first 5 goals. On day 10, we created goals based on vision statements. Let's us that list to add an action to each vision/goal statement. Here are some examples.

1. **Self Development:** *vision* - being a life-long learner; *goal* - read a book every month; *action* - read 5-10 pages/day.
2. **Faith:** *vision* - seeking God daily; *goal* - meditate on 1 new scripture each week; *action* - focus on Psalm 119:15 this week.
3. **Family:** *vision* - continually growing closer to my family; *goal* - write a personalized note every week to family member.
4. **Fitness:** *vision* - maintaining a healthy lifestyle long-term; *goal* - train for summer 5K; *action* - start running 3 times a week.
5. **Finances:** *vision* - live with financial peace, freedom, and self discipline; *goal* - reduce debt; *action* - draft a weekly and monthly budget.

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Today's Tasks

- Breathe Slowly
 - Read Colossians 2:6-7
 - Focus and “Multitasking”
 - Draft Last 5 Action Plans (day 2)
-



day 16

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Let's start today by closing our eyes and breathing slowly. Slow breaths. Deep breaths. As we breathe in, count to 4. Or more. As we breathe out, let's count to 4. Or more. This allows us to focus and really take in this moment. Relax and enjoy our quiet, calm mind. Take in the peacefulness as we prepare our hearts.

"...with all your SOUL"

Task 2: Listen & Pray

Read the three scripture passages. Spend some extra time in silence. Be reminded that we are in the presence of God. Draw close. Lean in.

Breathe slowly.

Breathe deeply.

Listen and pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

Today's Scripture

"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness." Colossians 2:6-7 (NIV)

day 16

"...with all your MIND"

Task 3: Read & Learn

Let's think about our focus and sustaining deep thought. Let's avoid multitasking. Daniel Goleman's book, Focus, explains how our ability to focus is essential for performance and productivity. We live in a society that is losing the ability to maintain sustained, deep, and meditative thought. Many people believe in multitasking, but research shows we are actually task-switchers who struggle to think deeply for any sustained amount of time. We constantly switch our attention between multiple tasks quickly and regularly. This shortens attention spans and actually slows down our overall productivity. The worst part is that it hurts our ability to practice deep thinking and hinders us from developing the self-discipline to focus. The result is often a feeling of stress and anxiety. Focus counters this effect.

"...and with all your STRENGTH"

Task 4: Think & Act

Yesterday we drafted action plans for our first 5 goals. Today we will focus on the remaining 4. Keep these super simple for now. Here are some ideas.

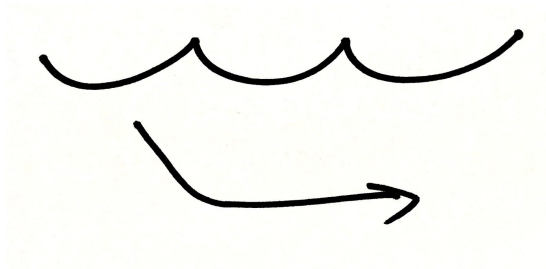
6. **Career:** *vision* - be a craftsman at my profession; *goal* - be a life-long learner; *action* - one professional article per week.
7. **Connections:** *vision* - developing positive and nurturing relationships; *goal* - look for opportunities to connect and uplift; *action* - intentionally reach out to a friend or colleague to check in on and encourage.
8. **Commitments:** *vision* - being a good steward of my home; *goal* - maintain a clean kitchen and bathroom; *action* - clean or put away one item each time I enter the kitchen or bathroom.
9. **Contributions:** *vision* - giving back with my time and resources; *goal* - volunteer my time weekly; *action* - spend time visiting senior center.

Slow down. Breathe slowly and deeply. Focus.

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Today's Tasks

- Go Deeper
 - Read Matthew 6:33-34
 - Wake Up With a Purpose
 - Make a Priority List
-



day 17

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Today, we're going to go a little deeper. Let's breathe a little more deeply and slowly. Let's go a little deeper into this moment. Let's dig a little deeper into the quiet. As our thoughts and distractions come to mind, we can acknowledge them, then let them go. These are shallow thoughts. Today, we're going deeper. Breathe. Be still. Be quiet. Go deeper into the presence of God.

"...with all your SOUL"

Task 2: Listen & Pray

Let's read these three scripture passages slowly as we breathe deeply. Then we can spend a moment in silence. We are preparing ourselves to spend some time in the presence of God. That thought is pretty awesome.

Take it in.

Listen and pray.

Be transformed.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

Today's Scripture

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" Matthew 6:33-34 (NIV)

day 17

"...with all your MIND"

Task 3: Read & Learn

Rick Weinheimer is a leadership coach and author of the book, Move Your Chair. Rick is a man who lives every day with intention and purpose. One chapter of his book titled, *Building Your Cathedral*, is focused on the power of incremental growth and the gradual progress. The following chapter, *Wake Up With a Purpose*, teaches that excellence requires a clear, daily purpose. Daily intentional living powerfully and positively affects our outcomes. If we want to build the cathedral that is our lives, we have to wake up with a purpose. We need direction, goals, action plans, and daily practices and priorities.

Be intentional.
Show up every day.
Make daily progress.

"...and with all your STRENGTH"

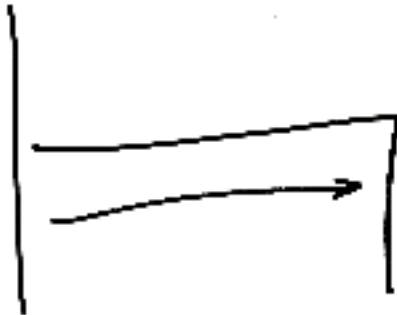
Task 4: Think & Act

For the remainder of this week, let's wake up with focus and a purpose. We spent week one learning about intentional living and building some basic daily habits. In week two, we developed a personal mission statement, vision, and some long term goals. This week, we will begin developing some intentional plans and begin putting them into action. Today, we will make a priority list from a list of daily tasks. Let's choose one "most important task." Then we will prioritize the rest. Ask if these are the tasks critical to meet our vision statements of intentional living. Look through the list and think about purpose and vision. Today is a day to consider the things that are and are not priorities in our life. Let's devote extra focus today on the tasks that are most related to our purpose.

[illegible]

Today's Tasks

- Pay Attention
 - Read Proverbs 3:5-6
 - Change the World
 - Make Your Bed
-



day 11

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Relax and breathe deeply. Stretch, relax, get comfortable. Let's pay attention to our breathing and to our bodies. Feel the air enter and fill the lungs deeply and exit the body slowly. Pay attention to the drifting and distractions of the mind. We need to be patient with ourselves but keep practicing. These moments matter. Pay attention.

Be quiet.

Be still.

Pay attention.

"...with all your SOUL"

Task 2: Listen & Pray

Pay attention. We are in the presence of God. Breathe deeply, read these passages, and listen to God speaking through the silence. Consider these words and pray. Be prepared for something special. Be prepared for this moment. Listen.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

Today's Scripture

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6 (NIV)

day 18

"...with all your MIND"

Task 3: Read & Learn

"If you want to change the world, start off by making your bed." These are words from Admiral William McCraven in his speech to the University of Texas graduating class. He was speaking of his experience in naval seal training where the soldiers were required to make their beds every morning. The purpose? To learn that little things matter. Consistency matters. Completing small tasks matter. He said that this simple, mundane task can snowball into the completion of many tasks and huge daily gains. This life lesson is so simple, but it reinforces the power of living each day with intention. This relates to the lesson yesterday of Rick Weinheimer and the value of waking up with a purpose. It takes time to build things of value. Things like your life. When we take the time necessary over the long term, we make huge gains in our lives.

Wake up with intention.
Make the bed.
Change the world.

"...and with all your STRENGTH"

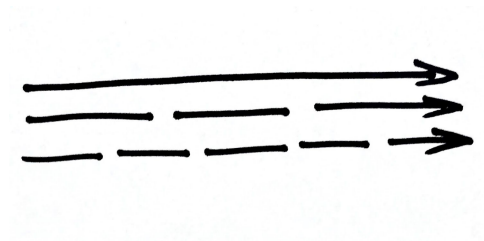
Task 4: Think & Act

Let's keep it simple today with one simple task. Go back to the bedroom and make the bed. Then we'll just keep doing the things we've been doing. We'll just keep showing up. We can review our mission, vision, goals, actions, and priorities. We can look at our progress. We can smile because we're making huge gains with these simple tasks. Let's get the important things done today and live with intention. Let's change the world.

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Today's Tasks

- Practice Silence
 - Read Psalm 118:1
 - Discipline Takes Practice
 - Make a 1-3-5 List
-



day 19

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Today as we sit and breathe deeply, let's practice silencing the mind. Relax the mind and draw in the silence. Our minds are active and alive. It's natural for the mind to wander and drift. Let's use this time to practice the discipline of returning back to the silence. I know improve happens slowly. Sometimes it feels like we're not improving at all. But I know that with each day of practice, we are getting one day closer to where we need to be. So let's just practice today.

Breathe deeply.
Be still.
Practice silence.

"...with all your SOUL"

Task 2: Listen & Pray

Before us are three passages of scripture. As we practice silence, let's also practice presence. We are here now. In the presence of God. Listen to the words. Take them in, be silent, then pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." Romans 12:1-2 (NIV)

This Week's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

Today's Scripture

"Give thanks to the Lord, for he is good; his love endures forever." Psalm 118:1 (NIV)

day 19

"...with all your MIND"

Task 3: Read & Learn

Discipline is a skill that requires practice. John Wooden said, "discipline yourself and others won't need to." I find it interesting that when we are disciplined, we have freedom. And when we are not, we don't. Discipline is a choice. An intentional choice that requires daily action. And the more frequently we choose wisely, the more freedom we have with our choices.

We are building lives that matter. If we truly want to be transformed, we need discipline. Discipline to breath and be quiet. Discipline to listen and pray. Discipline to read and learn. Discipline to think and act. Discipline to live a transformed life.

Transformation takes time.

Time takes discipline.

Discipline takes practice.

"...and with all your STRENGTH"

Task 4: Think & Act

One popular productivity plan is the "1-3-5 list." The purpose is to make a list of 1 big thing, 3 medium things, and 5 small things to accomplish each day. It's a flexible but powerful plan to help us be selective about our choices. It helps discipline us to reach toward what we really want and need to accomplish. The 1-3-5- list helps us practice discipline of choice. It helps us practice daily intentional planning. Let's look back to our goals and action plans. What task can help us progress toward those goals today. Let's practice right now. Let's make the list. Let's discipline ourselves.

Practice silence.

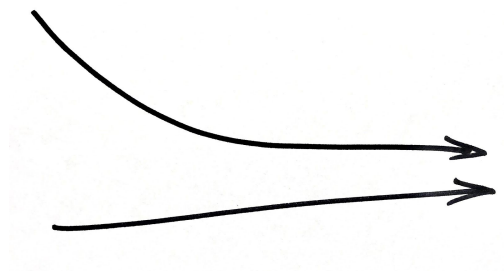
Practice intention.

Practice discipline.

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Today's Tasks

- Just Breathe
 - Read Philippians 4:4
 - K-I-S-S
 - Go Tiny
-



day 20

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Keep it simple.

Just breathe.

Just be quiet.

"...with all your SOUL"

Task 2: Listen & Pray

Keep it simple.

Read the three passages.

Spend some time in silence.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

Today's Scripture

"Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4 (NIV)

day 20

"...with all your MIND"

Task 3: Read & Learn

Keep it simple, stupid. The "K-I-S-S" design method is an acronym originally used by the Navy and was attributed to lead aircraft engineer Kelly Johnson. He wanted to assure that aircrafts were designed in a way that they could quickly and easily be repaired by average mechanics with common tools. Keep it simple. Love it! Perfect planning is great, but simple action is better.

Keep it tiny. Dr. B.J. Fogg, behavioral scientist from Stanford, created the idea of "tiny habits." He listed three basic steps to effectively start a new habit. Step 1. Make it tiny - keep it simple, easy to do, and repeat. Step 2. Find a spot - connect or stack the new habit to an existing habit. Step 3. Train the cycle - practice the new habit daily and repeat the new behavior until it too becomes automatic.

Keep it simple.

Keep it tiny.

Keep showing up.

"...and with all your STRENGTH"

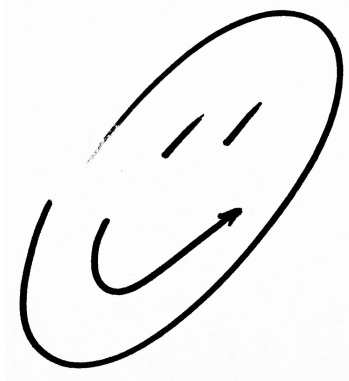
Task 4: Think & Act

Go tiny today. Let's think about our new habits. On day 3, we started observing our habits. Let's look at that journal entry and think about the habits we've been working on. We may want to take another day to observe our habits again. This is a good practice to start and start again. From our day 3 list, let's choose one habit we can connect it to an existing habit. K-I-S-S: Let's keep it simple. And small.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Today's Tasks

- Be Joyful
 - Read Philippians 4:13
 - It's Been a Big Week
 - Keep Showing Up
-



day 21

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

As we relax and begin breathing deeply and slowly, let's allow time for a few extra moments to just be. Be present. Be quiet. Be joyful. This is going to be a good day. Let's give ourselves permission to simply enjoy this moment and to enjoy the presence of God.

"...with all your SOUL"

Task 2: Listen & Pray

There is power in this moment. Listen as God speaks. Meditate on these words. Pray God's power right now to be.

Pray to be present.

Pray to be filled.

Pray to be joyful.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." Galatians 5:22-23 (NIV)

Today's Scripture

"I can do all this through him who gives me strength." Philippians 4:13 (NIV)

day 21

"...with all your MIND"

Task 3: Read & Learn

This has been a big week. We developed action plans to support our goals. We started developing our list of daily priorities. We tested out the daily 1-3-5 lists. We made our beds. We worked on tiny habits. And we were able to keep it simple.

Hopefully these activities have helped us look at our lives a little differently. We hold in our hands the rudder and the oars. And right by our side is God holding the map and the compass. All we have to do is breathe, be quiet, cherish the company, and enjoy the journey. A transformation is underway. And that's a great reason to be joyful.

"...and with all your STRENGTH"

Task 4: Think & Act

As we close our eyes, let's allow ourselves to simply be in God's presence. We can just be with Him right now. We are loved. We are worthy. We are of great value. God's love for us is deep and passionate. As we close our eyes in the quiet, remember that this is our Father who loves us dearly. Today let's just love Him back. Let's love Him with all our heart. Then, let's love Him...

with all our soul,
with all our mind, and
with all our strength.

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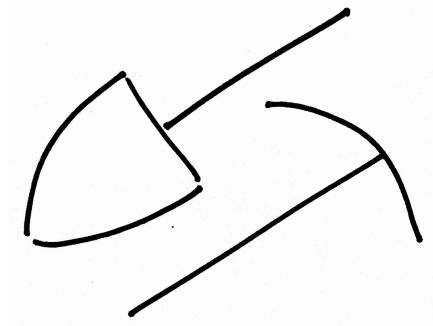
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Week 4



Today's Tasks

- Relax In, Tense Out
 - Read Romans 8:28
 - Gardener / Carpenter
 - Clean Up
-



day 22

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Breathe in and think "relax." Breathe out and think "tense". Let's do this for several breaths. As we do, let's allow ourselves to be filled with the feeling of relaxation. Allow the tension to slowly transform to calm. As we breathe in the quiet, let's prepare our hearts for an encounter with God.

"...with all your SOUL"

Task 2: Listen & Pray

Continue breathing deeply and practicing quiet. As we sit in silence for another moment, and consider that our hearts and souls are preparing to read the passages on the page that follows. Take it in.

Relax.

Enjoy this moment.

God is here now.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

Today's Scripture

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28 (NIV)

day 22

"...with all your MIND"

Task 3: Read & Learn

Think like a gardener, work like a carpenter. Gardeners are patient. They know that healthy growth takes time. Carpenters are consistent. They show up with a plan and put in the work every day. Remember we are building a life plan. We have a lot of thoughts, notes, journal entries and documents. This can get a little messy, and that's okay. Life-plans are works in progress. We are creating drafts that will continue to require editing and attention and intention. This 28-day experiment is just the beginning a lifelong project. Consider this process like growing a garden or building a house. It takes time. Be patient because what we're growing and what we're building is worth the effort and worth the time.

"...and with all your STRENGTH"

Task 4: Think & Act

Construction and home improvement projects are usually pretty messy. Cleanup is a necessary part of the process. The cleanup isn't fun, but it helps us see and appreciate the beauty of our efforts. Today we're going to do a little cleaning. We need a way to organize our life-plans. We need a system, a place to let our plans continue to grow and develop. I tend to write plans on notepads and on notecards. I keep these in a folder until I can organize them on my computer. Today, be a gardener and a carpenter. Do some sorting, organizing and cleaning. We're not finishing, just cleaning.

Relax.

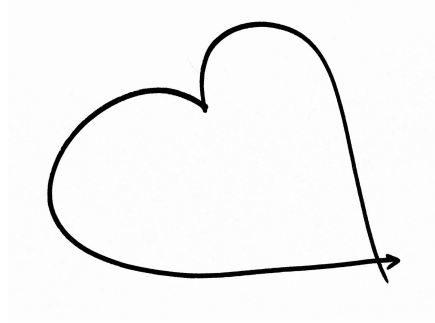
Take a deep breath.

Let's do some cleaning.

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Today's Tasks

- Love
 - Read Ephesians 4:29
 - Intentional Living
 - Start Refining
-



day 23

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Take a couple of minutes and love this moment. Breathe deeply and relax. Let's prepare our hearts to be in the presence of our God who loves us deeply.

Breathe.

Be still.

Love it.

"...with all your SOUL"

Task 2: Listen & Pray

Here we are in our fourth week of daily scripture reading. I pray that we are being transformed by the renewing of our minds. I pray His will is being done. I pray that as we are being built up, that we are building others up as well. Let's use this time to listen and let these passages soak in. Be still. Pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

Today's Scripture

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Ephesians 4:29 (NIV)

day 23

"...with all your MIND"

Task 3: Read & Learn

Intentional living is choosing a lifestyle with purpose, direction, and intentional daily actions. It's choosing to live life with an intentional, active life-plan.

Choosing to ASSESS our lives, our beliefs, and our sense of purpose.

Taking AIM at our future with goals and action plans.

Deciding to ACT, making small gains and celebrating daily wins.

Then we ADJUST based on our results.

Yesterday we did a little cleaning, looking through our intentional living documents, thinking about how we might want to sort and organize them. This is what living intentionally looks like. This is how transformation happens. Putting in the daily work over time. This is good stuff.

"...and with all your STRENGTH"

Task 4: Think & Act

Today, let's look at our intentional living documents so we can start refining them. We are not creating any final drafts that will sit on a shelf. This experiment should have us continually assessing our progress and refining our thoughts over time. The daily habits we build and priorities we choose will be based on our mission, vision, goals, and action plans. By now we should be gaining a clearer vision of the direction we want to take as we move forward and make it more of a lifestyle.

Be patient.

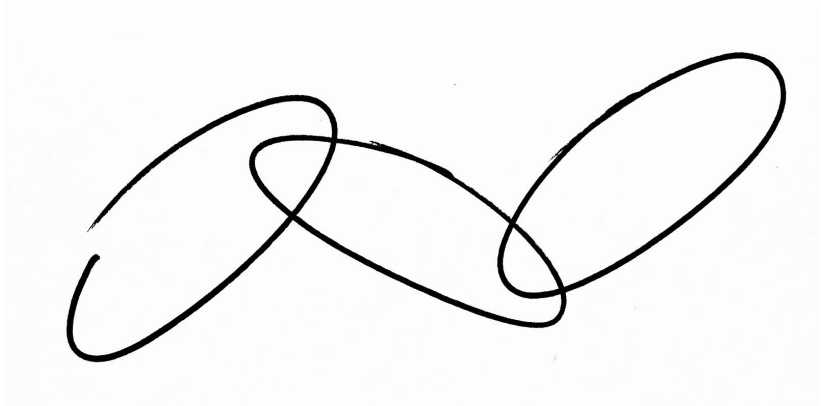
Be intentional.

This matters.

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Today's Tasks

- Gentleness
 - Read Isaiah 40:30-31
 - The Seinfeld Method
 - Start the Chain
-



day 24

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Approach this moment with gentleness. Gently breathe. Gently quiet the mind. Gently prepare the heart. I have said before that we are entering the presence of God. This is not exactly true. We never really leave the presence of God. We are simply entering the awareness of the presence we are already in. Let's go there gently.

Breathe deeply.

Be quiet.

We are already there.

"...with all your SOUL"

Task 2: Listen & Pray

Listen. Can you hear that? It's the sound of a quiet heart and a quiet soul. It's time to renew our minds. It's what we need right now. It's time to renew our strength. It's time to be with God. It's time to pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

Today's Scripture

"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:30-31 (NIV)

"...with all your MIND"

Task 3: Read & Learn

Jerry Seinfeld was the star and co-writer of the television sitcom, *Seinfeld*. He is well known for the quality and quantity of his material. For decades, Jerry has been a popular stand-up comic, and he even performed regularly while his popular show was in production.

There is a story that he was asked how he developed so much material. He said that to get better at writing, you have to write every day. According to the story, he said he put a year-long calendar on his wall. Every day after he completed the task of writing a joke, he would put a red "x" over that day. "After a few days you'll have a chain. Just keep at it and the chain will grow longer every day. You'll like seeing that chain, especially when you get a few weeks under your belt. Your only job is to not break the chain."

This strategy has become known as the "Seinfeld Method." I like how the emphasis is on consistency of simply showing up and doing the daily work than focusing on quality of material. The excellence was in the consistency. Of course the quality improves with daily practice. Pretty powerful strategy.

"...and with all your STRENGTH"

Task 4: Think & Act

If you started using the *Accountability Calendar* at the beginning of this experiment, you should have a pretty good chain started. The nice thing is you can always restart this calendar at any time. I use a similar calendar for daily tasks. It's definitely satisfying to see that long long of "x"s on the calendar. Documenting progress is important so we can celebrate the daily wins. We've put a lot of effort into this. Let's keep the chain going.

Show up.

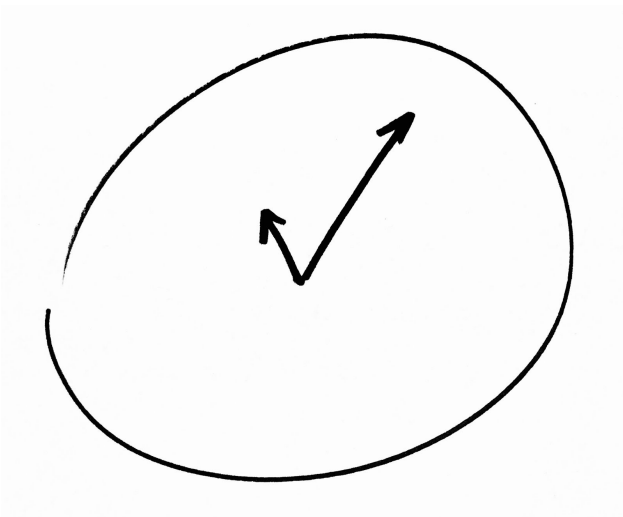
Keep showing up.

Be transformed.

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Today's Tasks

- Peace
 - Read Romans 5:1-2
 - Time Management
 - Be a Task Manager
-



day 25

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Take a moment to breathe deeply and be at peace in this moment. Sit up tall, relax, and be at peace with the quiet. Breathe deeply and be at peace in the heart.

The moment.

The quiet.

The heart.

"...with all your SOUL"

Task 2: Listen & Pray

Peace with God. The hope of the glory of God. These are waiting for us. As we draw our attention to this moment, let's listen and pray.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

Today's Scripture

"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God." Romans 5:1-2 (NIV)

"...with all your MIND"

Task 3: Read & Learn

According to John Maxwell, "There is no such thing as time management." Understanding this is key to understanding productivity. We can't think of it as managing time. It's about prioritizing well and choosing to use our time more efficiently. In his book, *7 Habits of Highly Effective People*, Steven Covey recommended we categorize all our tasks in one of four areas that he calls "quadrants." Quadrant 1 is important and urgent. Quadrant 2 is important but not urgent. Quadrant 3 is urgent but not important. Quadrant 4 is not important and not urgent.

Every day we have to take care of the important and urgent tasks of quadrant 1, but we also need to make sure we are intentional about addressing quadrant 2 tasks. We don't need to manage our time. We need to prioritize our tasks and organize our time.

"...and with all your STRENGTH"

Task 4: Think & Act

Today, let's time organizers and task managers. Let's recognize time wasters in our day. We have to take care of quadrant 1 tasks, but we also need to intentionally allot time to quadrant 2 tasks. By task tracking, we can identify areas where we can borrow a few minutes to address what's really important. When we more effectively manage our tasks, we should find all the time you need.

Organize time.

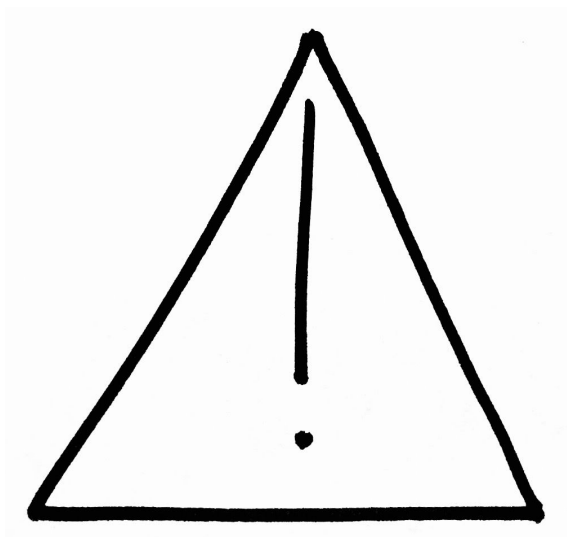
Manage tasks.

Find peace.

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Today's Tasks

- Faithfulness
 - Read Romans 3:21-24
 - Love Joy Peace
 - Be Aware of the Fruit You Bear
-



day 26

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

With each breath, we are choosing to be faithful. As we quiet our minds, we are choosing to be faithful. As we relax our bodies, we are choosing to be faithful. Let's continue to be faithful in our practice of loving the Lord our God with all our heart. Every day.

"...with all your SOUL"

Task 2: Listen & Pray

As we read these passages of scripture, let's practice silence and presence. Listen to the words. Take them in.

Find love in these words.

Find joy in these words.

Find peace in these words.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

Today's Scripture

"But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus." Romans 3:21-24 (NIV)

"...with all your MIND"

Task 3: Read & Learn

In Colossians 1, we read that these things are pleasing to God: bearing fruit, growing in knowledge, being strengthened, and giving thanks. In Mark 12, we learn that the top two commands on Jesus's list are to love God and to love others. In Galatians 5, we find the fruit of a Spirit-filled life: love, joy, peace, patience, kindness, faithfulness, gentleness, and self control. Those are qualities that can be practiced and improved. We are intentionally developing a life-plan so we can be transformed and so we can live life better. The fruit of the Spirit is a great self-check guide on this journey. We know we need love, but take a look at those next two fruit: joy and peace! I love that! And I love that those are followed by patience through self control. That Bible sure has some great wisdom packed in there.

"...and with all your STRENGTH"

Task 4: Think & Act

In our journals, let's list out the fruit of the Spirit. Think about where we stand in each of those areas with special attention to the first three: love, joy, and peace. List the fruit and make a quick note about each one. Clearly we need improvement in each of these areas, and that's okay. We just have to be aware, assess, aim, act, and adjust. Think incrementally and be patient. This is a process.

Be intentional.

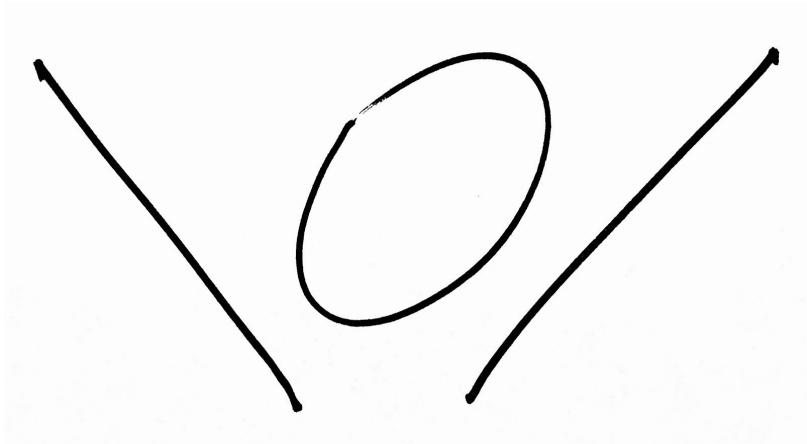
Be faithful.

Bear the fruit.

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Today's Tasks

- Patience
 - Read Colossians 3:23-24
 - Reward Yourself
 - Celebrate
-



day 27

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Here we go. Day 27 of simply focusing on our breathing and being quiet. It's a simple task that needs a lot of practice. We need to continue being patient with the process and patient with ourselves. This moment between God and us is absolutely beautiful.

Just be patient.

Just breathe.

Just be quiet.

"...with all your SOUL"

Task 2: Listen & Pray

With all our heart and with all our soul, let's read these three passages. Then just spend some time in silence with a quiet mind.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

Today's Scripture

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." Colossians 3:23-24 (NIV)

"...with all your MIND"

Task 3: Read & Learn

"Celebrate good times, come on! Let's celebrate!" *Kool and the Gang* got it right with this song. It's important that we take time to celebrate. We've put a lot of time and work into this experiment. We know that big gains don't happen quickly, and it's easy to get discouraged. So we have to be intentional about celebrating the small wins. Completing 26 days of this experiment absolutely deserves recognition. Even if we missed a couple days, we have made great gains.

Think of the habit loop discussed by Charles Duhigg. Every habit begins with a cue. The cue triggers a routine. That routine gives us a reward. We've invested time developing new habits. We need to be sure to reward ourselves regularly. Our reward can be anything we want that helps keep us motivated. Maybe just some time alone or with friends. Maybe time with a hobby we've been neglecting. Just make sure we acknowledge our work so we can continue living this life of intention. This life of transformation.

"...and with all your STRENGTH"

Task 4: Think & Act

Make a quick list of some possible fun rewards or activities that make us smile. Pick one to do today or tomorrow. We need to feel good about our small victories and milestones because they are building us a path that is taking us closer to our goals. Let's choose not to continue this practice of intentional living well beyond this 28-day experiment.

Let's have some fun today.

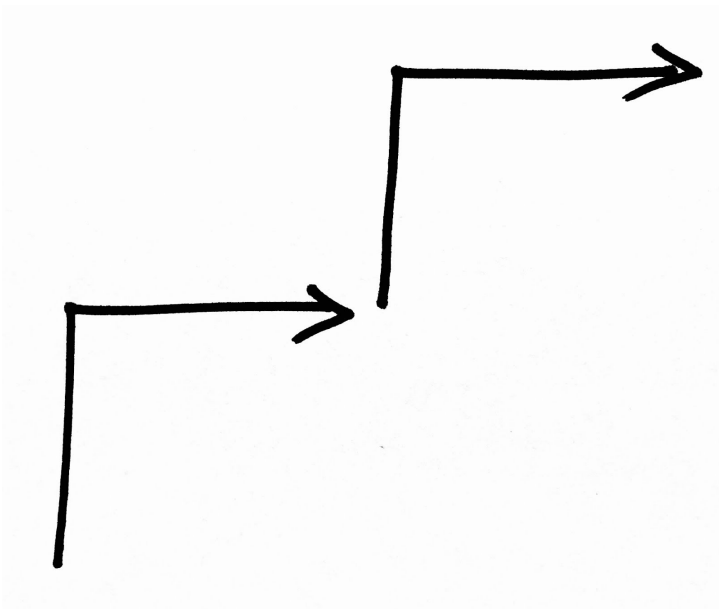
Let's smile and enjoy.

Let's celebrate.

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Today's Tasks

- Self Control
 - Read Read 2 Corinthians 12:9-10
 - We Did It!
 - Next Step
-



day 28

"love the Lord your God with all your HEART"

Task 1: Breathe & Be Quiet

Today is a great day to simply breathe and reflect. A day to think back over the past 28 days of quieting our minds and loving God with all our heart. Genuine quiet time and meditation on the word takes a lot of practice. Remember that consistency is the key.

"...with all your SOUL"

Task 2: Listen & Pray

This is a powerful moment. Let's listen as God speaks. Let's meditate on these words.

Pray for continued transformation.

Pray for God's will.

Pray for grace and power.

The 28-Day Scripture

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will" Romans 12:1-2 (NIV)

This Week's Scripture

"...Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13 (NIV)

Today's Scripture

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."
2 Corinthians 12:9-10 (NIV)

day 28

"...with all your MIND"

Task 3: Read & Learn

We did it! We completed the first twenty-eight days of our intentional living experiment! Putting this guide together has been an extraordinary experiment for me personally, and I pray that this has been a valuable experience for you as well. We've definitely covered a lot of ground, but intentional living is a continual process and life is a series of experiments. So I hope and pray that tomorrow you begin refining and repeating the process of personal development in all areas of your life.

"...and with all your STRENGTH"

Task 4: Think & Act

As we complete this intentional living experiment, we need to plan to keep moving forward. Here are some quick ideas in each key area of intention:

Self - breath, be quiet

Faith - listen, pray

Family - eye contact, listen more than talk

Fitness - limit inactivity, move and stretch

Finance - spend less than we make

Career - keep learning, do our job well

Connections - listen, encourage

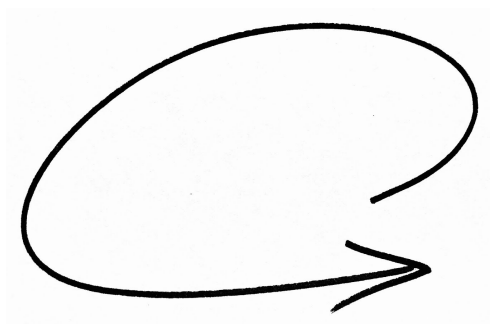
Commitments - make the bed, clean

Contributions - donate to charity, volunteer

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...again

Your Next Step



You Did It! Now What?

Congratulations on completing this twenty-eight day project! Even if you missed some day and did not complete some of the daily tasks, that's absolutely okay. This is just an experiment, and intentional living is a lifelong experiment. Keep going. Keep experimenting. Keep reading. Keep learning.

If you are not sure where to begin the next step, here's an idea for you. For each of the key areas of intention, I challenge you to work on a simple task. Just one task for each area. I gave you a sample on the action step for day 28, but you should work to make these personal to you. Try it out for your next twenty-eight days. Keep working on your mission and vision. Keep developing your goals and action plans. Keep building habits and daily priorities. Keep a journal. Use the daily habit checklists, accountability calendar, and journal.

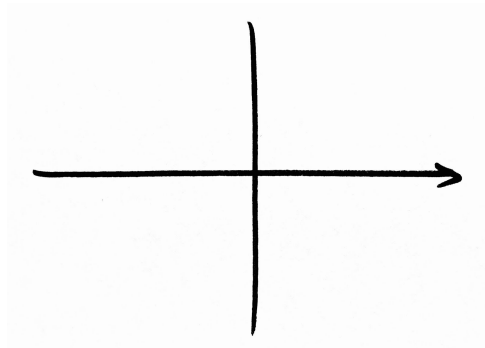
Use these resources however you want and as they work best for you. Start researching and reading. Keep searching and growing. What we've done here is just the beginning. Personalize your plan and keep moving forward. Encourage others to join you in the transformation experiment. Enjoy the process as you move to your next step.

Keep showing up.
Keep living life better.
Keep working every day to...

...be transformed!

...additional

Resources



Sample Life-Plan

Faith - seeking God daily, meditating on His word, listening and praying, growing in the knowledge of the Lord, and putting my faith into action;

Family - continually growing closer to my family, supporting and loving with my time and focus; serving as a model of a loving, Christian husband and father;

Fitness - maintaining a healthy lifestyle long-term and serving as an example and role model to others;

Finances - living with financial peace, freedom, and self discipline; being a faithful steward to care for my family's needs and give back to God and others;

Career - doing my job exceptionally well, striving for excellence, teaching content and character, learning and improving continually as a teacher and coach, and being a positive role model;

Connections - developing positive and nurturing relationships with my circle of influence: family, friends, students, athletes, their parents, and community;

Commitments - being a good steward; caring for and maintaining my home and auto; cleaning, cooking, laundry, maintenance, improvements and repairs;

Contributions - giving back with my time and resources; tithes, offerings, donations, volunteering, mentoring, and witnessing daily (using words only when necessary).

Some of My Favorite Scriptures

- 1 God, have mercy on me a sinner** - *Luke 18:13*
- 2 be joyful, pray continually, give thanks** - *1 Thes 5:16-18*
- 3 love the Lord, love your neighbor** - *Mark 12:30-31*
- 4 love, joy, peace, patience...** - *Gal 5:22-23*
- 5 your will be done** - *Matt 6:9-13*

- 6 create in me a pure heart** - *Psalms 51:10-11*
- 7 by grace through faith** (a gift...not by works) - *Eph 2:8-10*
- 8 do not conform, be transformed** - *Rom 12:1-2*
- 9 value others above yourselves** - *Phil 2:3-4*
- 10 be still and know** - *Psalms 46:10*

- 11 do not be anxious about anything** - *Phil 4:6-7*
- 12 faith is being sure of what we hope for** - *Heb 11:1*
- 13 run with perseverance...fixing our eyes** - *Heb 12:1-2*
- 14 power to grasp the love of Christ** - *Eph 3:16-21*
- 15 for God so loved...to save the world** - *John 3:16-17*

- 16 live a life worthy of the calling** - *Eph 4:1-3*
- 17 be holy in all you do** - *1 Peter 1:13-16*
- 18 rooted and built up in Him** - *Col 2:6-7*
- 19 seek first His kingdom** - *Matt 6:33-34*
- 20 trust in the Lord with all your heart** - *Prov 3:5-6*

- 21 this is the day...I will rejoice** - *Psalms 118:24*
- 22 rejoice in the Lord always** - *Philippians 4:4*
- 23 I can do all things** - *Philippians 4:13*
- 24 in all things, God works for the good** - *Romans 8:28*
- 25 only what is helpful for building others up** - *Eph 4:29*

26 those who hope in the Lord (soar, run, walk) - *Isaiah 40:31*
27 justified through faith...peace with God - *Romans 5:1-2*
28 all have sinned and fall short - *Romans 3:23-24*
29 live a life worthy of the Lord - *Colossians 1:9-10*
30 ask seek knock...receive find open - *Matthew 7:7-8*

31 I will give you a new heart - *Ezekiel 36:26-27*
32 whatever you do, work at it
 with all your heart - *Colossians 3:23-24*
33 love is patient, love is kind - *1 Cor 13:4-7*
34 clothe yourself with compassion, kindness, humility
 - *Colossians 3:12-15 NIV*
35 be kind and compassionate...forgiving each other
 - *Eph 4:32*

36 my commandment is this:
 love one another as I have loved you - *John 15:12*
37 the only thing that counts is faith
 expressing itself through love - *Galatians 5:6b*
38 we rejoice in hope...and in suffering - *Romans 5:2-5*
39 awe of the Lord is the beginning of wisdom - *Proverbs 9:10*
40 in him we live and move and have our being
 - *Acts 17:27-28*

41 act justly, love mercy, walk humbly
 with your God - *Micah 6:8*
42 Love one another, love comes from God...
 God is love - *1 John 4:7-8*
43 add goodness, knowledge, self-control, perseverance,
 godliness, kindness, and love - *2 Peter 1:5-8*
44 Be joyful in hope, patient in affliction,
 faithful in prayer - *Romans 12:12*

Some of My Favorite Books

Achor, Shawn. *The Happiness Advantage: the Seven Principles That Fuel Success and Performance at Work*. Virgin, 2011.

Afremow, James A. *The Champion's Mind: How Great Athletes Think, Train, and Thrive*. Emmaus, PA: Rodale, 2014.

Ashe, Arthur, and Arnold Rampersad. *Days of Grace: A Memoir*. London: Mandarin, 1994.

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Daily Habits Checklist

Sample

Daily Habits Checklist

Week of _____

*Personal Mission: to intentionally live a life worthy of the Lord
striving for excellence in consistency*

Morning Habits	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
make bed							
breathe / mindfulness / scripture / prayer							
read today's priorities / visualize the day							
10 minutes cleaning bathroom and kitchen							

Evening Habits	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 minutes cleaning kitchen and bathroom							
set out clothes for tomorrow							
breathe / mindfulness / scripture / prayer							
plan next day's priorities							

Daily Habits Checklist

Week of _____

Morning Habits	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Evening Habits	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Daily Habits Checklist

Week of _____

Morning Habits	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Evening Habits	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Accountability Calendar

Accountability Calendar

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							

Love the Lord your God with all your...

Heart	Soul
Breathe	Scripture
Be Quiet	Listen
Prepare	Pray
Mind	Strength
Read	Journal
Learn	Thought
Grow	Action

4 Daily Tasks

This is your personal 28-Day Accountability Calendar.
 The purpose of this calendar is to help you build and track your habits.
 Each day, you have 4 tasks to complete.
 For each completed task, put a check in the box.
 If the task is not complete, put a circle in the box.
 At the end of the 28 days, you can see what went well
 and what needs improvement.

Mark 12:30



My Transformation Experiment

For years, I have been reading about and experimenting with research and evidence-based strategies to improve the quality of my life. Like everyone else, I want to live life better. I want to be transformed. I want to be a better version of myself. Over the past few years, I've experimented with several ideas in this pursuit to close the potential gap between who I am and who I am capable of becoming. The purpose of this book is to highlight and share some insights I've gathered along the way.

Start Small, Grow Slowly

As a teacher, coach, parent, and chaplain, I'm all about growth and development. I understand that change takes time, patience, and persistence. Change takes attention and intention. With this in mind, my approach is to focus on starting a few small, simple habits that will all take just a moment or two a day. The key is to develop daily habits based on the most important commandment according to Jesus. In Mark 12:30, he tells us to love the Lord our God with all, our...

Heart (Breathe and Be Quiet).

Soul (Listen and Pray).

Mind (Read and Learn), and

Strength (Think and Act).

The 28-Day Design

Keeping the experiment limited to twenty-eight days is intentional. Four weeks is long enough to see substantial growth and transformation. It is enough time to help us gain a stronger sense of clarity and direction. Four weeks is short enough to encourage us to adjust our plans and move forward. We should anticipate some "false starts" and know that it is natural. With the twenty-eight day design, we can always simply go back and start again.

Transformation is Exciting!

My hope is that this transformation experiment with this 28-day design will become part of your identity. A never-ending loop of improvement. We don't want to conform to our old self. Let's try something new. Let's experiment. Let's see what happens. Let's embrace the mystery. Let's enjoy the ride. Let's...

...be transformed.

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