Your Best New Self Ministries

21 DAY CHALLENGE

AREAS OF FOCUS
For each category, list 1 - 2 areas of focus you'd like to work on for the next 21 days.

1. Spiritual:
2. Emotional:
3. Psychological:
4. Physical:
5. Relational:

PERSONAL COMMITMENTS
For each category, list 1 - 3 commitments you're willing to dedicate yourself to for the next 21 days.

1. Prayer:
2. Scripture Reading:
3. Journaling:
4. Food & Water:
5. Physical Activity:
Journal Day 1 - 3
YOUR BEST NEW SELF - 21 DAY CHALLENGE

**DAY ONE**
Scripture:
Prayer:

Thoughts:

**DAY TWO**
Scripture:
Prayer:

Thoughts:

**DAY THREE**
Scripture:
Prayer:

Thoughts:
Journal Day 4 - 6

YOUR BEST NEW SELF - 21 DAY CHALLENGE

DAY FOUR
Scripture:
Prayer:

Thoughts:

DAY FIVE
Scripture:
Prayer:

Thoughts:

DAY SIX
Scripture:
Prayer:

Thoughts:
Journal Day 7 - 9
YOUR BEST NEW SELF - 21 DAY CHALLENGE

**DAY SEVEN**
Scripture:
Prayer:

Thoughts:

**DAY EIGHT**
Scripture:
Prayer:

Thoughts:

**DAY NINE**
Scripture:
Prayer:

Thoughts:
DAY TEN
Scripture:
Prayer:

Thoughts:

DAY ELEVEN
Scripture:
Prayer:

Thoughts:

DAY TWELVE
Scripture:
Prayer:

Thoughts:
Journal Day 13 - 15

YOUR BEST NEW SELF - 21 DAY CHALLENGE

**DAY THIRTEEN**

Scripture:

Prayer:

Thoughts:

**DAY FOURTEEN**

Scripture:

Prayer:

Thoughts:

**DAY FIFTEEN**

Scripture:

Prayer:

Thoughts:
DAY SIXTEEN
Scripture:
Prayer:

Thoughts:

DAY SEVENTEEN
Scripture:
Prayer:

Thoughts:

DAY EIGHTEEN
Scripture:
Prayer:

Thoughts:
Journal Day 19 - 21

Your Best New Self - 21 Day Challenge

Day Nineteen

Scripture:

Prayer:

Thoughts:

Day Twenty

Scripture:

Prayer:

Thoughts:

Day Twenty-One

Scripture:

Prayer:

Thoughts:
Day twenty - two
21 DAY CHALLENGE

REFLECTION - AREAS OF FOCUS
For each category, reflect and describe any impactful, perspective-changing, and/or personal-growth moments you’ve experienced in the last 21 days. No moment is too small!

1. Spiritual:
2. Emotional:
3. Psychological:
4. Physical:
5. Relational:

PERSONAL COMMITMENTS
For each category, reflect on positive changes you’ve seen from staying faithful to your commitments. Describe how these positive changes have helped you grow towards a better version of yourself in Christ! (Try not to focus on mistakes!)

1. Prayer:
2. Scripture Reading:
3. Journaling:
4. Food & Water:
5. Physical Activity:
Day twenty-two
21 DAY CHALLENGE

JOURNAL & REFLECTION