ONE BETTER CHOICE AT A TIME

FAITH DEVOTIONAL COMPANION WORKBOOK & JOURNAL

A 366-Day Companion Workbook

John LaPierre

Copyright © 2026 John LaPierre. All rights reserved.

This workbook is a companion to *A Day in the Life: One Better Choice at a Time — A 366-Day Faith Devotional*.

Scripture quotations are taken from the Berean Standard Bible (BSB). The BSB text has been dedicated to the public domain.

This workbook is offered as reflection and encouragement, not as professional advice. If you are struggling, please reach out to a qualified professional, recovery support, emergency services, or someone you trust.

How to Use This Workbook

Read the corresponding day in the devotional first. Then use these pages to slow down, notice what stood out, answer honestly, and turn the day's reflection into one practical choice.

Each day has two facing pages. The left page is for reflection. The right page is for practice. Today's Scripture is printed from the Berean Standard Bible, the same translation used in the devotional, so the two books read together word for word.

A simple rhythm
Read. Reflect. Write. Pray. Choose one action. Return at the end of the day and notice what you learned.

At the end of each week and each month, there are pages to look back without grading yourself. There is no requirement to fill every line. Some days may produce a page of writing; other days may produce one sentence. The goal is not to perform the workbook. The goal is to practise the lesson.

January

Beginning Again

Denial, Acceptance, and an Honest Start

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

JANUARY — INTENTIONS

What do I hope God will grow in me this month?

Notes

JANUARY 1

My Life Is Worth the Work

Today's Scripture

"I praise You, for I am fearfully and wonderfully made."
— Psalm 139:14, BSB

What stood out to me in today's devotional?

A Question to Carry

If I truly believed my life was a gift from God, what would I take better care of today?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 1 — PRACTICE

My Life Is Worth the Work

One Better Choice

Before the day becomes crowded, do one necessary thing for your physical, emotional, relational, or spiritual well-being. Do not make a list of twenty. Do one. Then thank God for giving you another day in which to make that choice.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will treat my life as something God has entrusted to me and something worth protecting.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 2

Begin Where I Am

Today's Scripture
"For who has despised the day of small things?"
— Zechariah 4:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I waiting to become perfect before I am willing to begin?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 2 — PRACTICE

Begin Where I Am

One Better Choice
Name your real starting point without exaggerating it or minimizing it. Then take one step from there.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will begin with the life I actually have.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 3

The Next Step Is Enough

Today's Scripture

"Therefore do not worry about tomorrow, for tomorrow will worry about itself."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I asking God to show me the whole road when He has already shown me the next step?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 3 — PRACTICE

The Next Step Is Enough

One Better Choice
Choose the smallest useful action that moves something forward. Complete it before planning the next five.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will trust that the next right step is enough.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 4

A New Boss for the Day

Today's Scripture
"Trust in the LORD with all your heart, and lean not on your own understanding."
— Proverbs 3:5, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I trying to control today that actually belongs in God's hands?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 4 — PRACTICE

A New Boss for the Day

One Better Choice
Before making demands of the day, take one minute to surrender the outcome to God. Then identify your responsibility and do it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will release control and remain responsible.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 5

Willingness Before Confidence

Today's Scripture
"For we walk by faith, not by sight."
— 2 Corinthians 5:7, BSB

What stood out to me in today's devotional?

A Question to Carry
Where might God be asking for my willingness rather than my certainty?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 5 — PRACTICE

Willingness Before Confidence

One Better Choice
Say yes to one healthy suggestion you would normally postpone, dismiss, or overthink.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let willingness go first and allow confidence to follow.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 6

Stop Arguing and Do the Next Right Thing

Today's Scripture

"Anyone, then, who knows the right thing to do, yet fails to do it, is guilty of sin."
— James 4:17, BSB

What stood out to me in today's devotional?

A Question to Carry

What do I already know I should do that I keep asking God to explain again?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 6 — PRACTICE

Stop Arguing and Do the Next Right Thing

One Better Choice
Identify the task you keep debating. Give it ten uninterrupted minutes. Start.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will spend less energy arguing and more energy acting.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 7

Recovery Is a Daily Practice

Today's Scripture
"Give us this day our daily bread."
— Matthew 6:11, BSB

What stood out to me in today's devotional?

A Question to Carry
What practice protects my spiritual and emotional life that I tend to neglect when things are going well?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 7 — PRACTICE

Recovery Is a Daily Practice

One Better Choice

Choose one recovery or spiritual practice that has helped you before and do it today—even if you do not feel like you need it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will maintain the life I once asked for.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

January 1 – January 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

January 1 – January 7

JANUARY 8

Trim the Sails

Today's Scripture

"To everything there is a season, and a time for every purpose under heaven."
— Ecclesiastes 3:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I asking God to change the wind when He may be showing me how to adjust my sails?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 8 — PRACTICE

Trim the Sails

One Better Choice
Name one fact you have been resisting. Then ask: “Given that this is true, what useful adjustment can I make?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will stop fighting the wind and adjust my sails.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 9

Gratitude Is a Practice

Today's Scripture

"Give thanks in every circumstance, for this is God's will for you in Christ Jesus."
— 1 Thessalonians 5:18, BSB

What stood out to me in today's devotional?

A Question to Carry

What blessing is still present that pain, frustration, or busyness has kept me from noticing?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 9 — PRACTICE

Gratitude Is a Practice

One Better Choice
Write down three specific things that are present and helpful today. Make them real and specific.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make room for gratitude without denying what hurts.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 10

Let Someone Help

Today's Scripture

"Carry one another's burdens, and in this way you will fulfill the law of Christ."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry

Where has pride kept me from accepting help God may already be providing through another person?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 10 — PRACTICE

Let Someone Help

One Better Choice

Tell one trustworthy person what you are carrying and ask for something specific: Listening, experience, prayer, perspective, or practical help.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow connection to be part of my strength.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 11

Denial Changes Its Name

Today's Scripture

"Search me, O God, and know my heart; test me and know my concerns."
— Psalm 139:23, BSB

What stood out to me in today's devotional?

A Question to Carry

What might I see today if I truly invited God to search my heart?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 11 — PRACTICE

Denial Changes Its Name

One Better Choice

Identify one explanation or excuse you keep repeating. Ask: Is this the whole truth, or the version that asks the least of me?

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will choose the truth before I choose comfort.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 12

Keep It Simple

Today's Scripture
"But only one thing is necessary."
— Luke 10:42, BSB

What stood out to me in today's devotional?

A Question to Carry
What is the one thing that actually needs my attention right now?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 12 — PRACTICE

Keep It Simple

One Better Choice
Reduce one complicated problem to one sentence. Then identify the one action that belongs to you today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will stop adding weight to what is already heavy.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 13

Powerlessness Is Not Helplessness

Today's Scripture

"My grace is sufficient for you, for My power is perfected in weakness."
— 2 Corinthians 12:9, BSB

What stood out to me in today's devotional?

A Question to Carry

What becomes possible when I stop trying to control what is not mine?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 13 — PRACTICE

Powerlessness Is Not Helplessness

One Better Choice

Name one person, condition, feeling, or outcome you cannot control. Then identify one action, boundary, prayer, or request for help that remains within your responsibility.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will accept my limits without surrendering my responsibility.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 14

The Past Can Serve a Purpose

Today's Scripture

"And we know that God works all things together for the good of those who love Him."

— Romans 8:28, BSB

What stood out to me in today's devotional?

A Question to Carry

How might God use something from my past without asking me to live there again?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 14 — PRACTICE

The Past Can Serve a Purpose

One Better Choice

Choose one past experience you usually regret or hide. Write down one lesson it gave you that can help you live or serve differently today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will let my past teach me without letting it own me.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

January 8 – January 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

January 8 – January 14

JANUARY 15

Be the Real Me

Today's Scripture

"The LORD does not see as man does. For man sees the outward appearance, but the LORD sees the heart."

— 1 Samuel 16:7, BSB

What stood out to me in today's devotional?

A Question to Carry

Where am I managing my image instead of simply living according to the person God is calling me to become?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 15 — PRACTICE

Be the Real Me

One Better Choice
In one conversation today, stop performing. Speak honestly, kindly, and without trying to manage what the other person thinks of you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will be honest enough to be myself and humble enough to keep growing.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 16

Open-Minded Enough to Listen

Today's Scripture

"My beloved brothers, understand this: Everyone should be quick to listen, slow to speak, and slow to anger."

— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I listening for truth, or only listening for something that agrees with me?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 16 — PRACTICE

Open-Minded Enough to Listen

One Better Choice

Listen to one trustworthy person today without preparing your defence. Identify one useful idea and take one action that shows you actually considered it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will ask honestly, listen openly, and act responsibly.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 17

Available, Not Perfect

Today's Scripture

"Each of you should use whatever gift he has received to serve one another."
— 1 Peter 4:10, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I trying to be useful, or am I trying to become indispensable?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 17 — PRACTICE

Available, Not Perfect

One Better Choice
Reach out to one person who may need connection. Offer something specific and realistic rather than promising to fix everything.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will be available without trying to be anyone's saviour.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 18

More Than Not Returning to the Old Life

Today's Scripture

"Therefore if anyone is in Christ, he is a new creation. The old has passed away. Behold, the new has come!"

— 2 Corinthians 5:17, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I only trying not to go backward, or am I actively building the life God is leading me toward?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 18 — PRACTICE

More Than Not Returning to the Old Life

One Better Choice
Identify one life skill that still needs practice beyond simply avoiding an old behaviour. Practise it in one small way today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will build a life, not merely avoid the one I left.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 19

Connection Is Protection

Today's Scripture

"As iron sharpens iron, so one man sharpens another."
— Proverbs 27:17, BSB

What stood out to me in today's devotional?

A Question to Carry

What have I been carrying alone that would become safer if I brought it into an honest conversation?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 19 — PRACTICE

Connection Is Protection

One Better Choice

Contact someone before the problem becomes a crisis. Tell them what is actually happening instead of only saying that you are fine.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will choose connection before isolation chooses for me.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 20

Acceptance Is Not Approval

Today's Scripture

"Then you will know the truth, and the truth will set you free."
— John 8:32, BSB

What stood out to me in today's devotional?

A Question to Carry

What truth am I resisting because I am afraid acceptance means approval?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 20 — PRACTICE

Acceptance Is Not Approval

One Better Choice
State one difficult reality in one honest sentence. Then identify the boundary or action that becomes possible once you stop arguing with it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will accept what is true without approving what is harmful.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 21

Fear Does Not Get to Rule

Today's Scripture

"For God has not given us a spirit of fear, but of power, love, and self-control."
— 2 Timothy 1:7, BSB

What stood out to me in today's devotional?

A Question to Carry

If fear did not get the final vote, what would faith, love, and a sound mind tell me to do?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 21 — PRACTICE

Fear Does Not Get to Rule

One Better Choice

Before one important decision, ask: Am I protecting something genuinely valuable, or am I only trying to make fear disappear quickly?

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, fear may speak, but it will not receive the only vote.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

January 15 – January 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

January 15 – January 21

JANUARY 22

Look Within First

Today's Scripture
"Each one must examine himself."
— 1 Corinthians 11:28, BSB

What stood out to me in today's devotional?

A Question to Carry
What becomes visible when I stop examining everyone else long enough to let God examine me?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 22 — PRACTICE

Look Within First

One Better Choice
In one conflict, write down the other person's part. Then set it aside. For a moment, list only your actions, assumptions, responses, and responsibilities.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will clean my side without pretending the whole street belongs to me.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 23

Repair It Quickly

Today's Scripture

"If it is possible on your part, live at peace with everyone."
— Romans 12:18, BSB

What stood out to me in today's devotional?

A Question to Carry

Is pride making a repair harder than the original mistake needs to be?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 23 — PRACTICE

Repair It Quickly

One Better Choice
If you owe an apology, make it today. Name what you did. Acknowledge the impact. Then state what you intend to do differently.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will repair harm before pride gives it time to grow.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 24

Blessings Wrapped in Trials

Today's Scripture

"Because you know that the testing of your faith develops perseverance."
— James 1:3, BSB

What stood out to me in today's devotional?

A Question to Carry

Can I honour what hurts while remaining open to what God may still grow through it?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 24 — PRACTICE

Blessings Wrapped in Trials

One Better Choice

Ask: What is this situation revealing about what I need, value, fear, or still need to learn? Do not force a positive answer.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will honour the pain and remain open to growth.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 25

Happiness Is an Inside Job

Today's Scripture

"For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit."
— Romans 14:17, BSB

What stood out to me in today's devotional?

A Question to Carry

Where have I made another person responsible for something that ultimately belongs between God and me?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 25 — PRACTICE

Happiness Is an Inside Job

One Better Choice

Do one thing that supports your inner well-being without requiring another person to change first.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will welcome joy from others without making them responsible for my peace.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JANUARY 26

Stay in the Moment

Today's Scripture
"Today has enough trouble of its own."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry
Where is my mind living right now—and what is directly in front of me that deserves my presence?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 26 — PRACTICE

Stay in the Moment

One Better Choice
For five minutes, put away distractions. Give your complete attention to one person, one task, one prayer, or one moment.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will return to the moment whenever my mind carries me away.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 27

One Direction at a Time

Today's Scripture
"Let your eyes look forward; fix your gaze straight ahead."
— Proverbs 4:25, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I moving in a direction, or am I simply moving?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 27 — PRACTICE

One Direction at a Time

One Better Choice
Write down the three most important tasks in front of you. Circle one. Work only on that one for a set period before switching.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give my attention a direction.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 28

Small Wins Matter

Today's Scripture
"For who has despised the day of small things?"
— Zechariah 4:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What evidence of growth have I ignored because I was waiting for something dramatic?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 28 — PRACTICE

Small Wins Matter

One Better Choice

Name one improvement you would normally overlook. Identify what helped create it. Then repeat one of those helpful actions today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will notice progress without demanding perfection.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

January 22 – January 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

January 22 – January 28

JANUARY 29

Maintain the Change

Today's Scripture

"So then, let us not sleep as the others do, but let us remain awake and sober."
— 1 Thessalonians 5:6, BSB

What stood out to me in today's devotional?

A Question to Carry

What did I do consistently when change first began that I have slowly stopped doing?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 29 — PRACTICE

Maintain the Change

One Better Choice
Identify one healthy habit that helped create positive change but has begun slipping. Restore it today in a realistic form.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will maintain the change I once worked so hard to begin.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 30

Keep Coming Back

Today's Scripture

"Draw near to God, and He will draw near to you."
— James 4:8, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I staying away from because shame is telling me I need to become better before I return?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 30 — PRACTICE

Keep Coming Back

One Better Choice
Return to one helpful practice, person, or place you have neglected. Do not wait until you feel less embarrassed.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will come back before distance becomes disappearance.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JANUARY 31

The Problem Under the Problem

Today's Scripture

"Guard your heart with all diligence, for from it flow springs of life."
— Proverbs 4:23, BSB

What stood out to me in today's devotional?

A Question to Carry

What is underneath the behaviour I keep trying to change?

Where does this show up in my life right now?

Reflection / Journal / Notes

JANUARY 31 — PRACTICE

The Problem Under the Problem

One Better Choice

When you feel pulled toward an old pattern, pause and ask: “What feeling, truth, fear, or need am I trying not to face?” Do not judge the answer. Tell the truth about it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will look beneath the behaviour and respond to what is really asking for care.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

January 29 – January 31

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

January 29 – January 31

MONTH IN REVIEW

January

Beginning Again — Denial, Acceptance, and an Honest Start

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

January — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

February

Feelings, Honesty, and Self-Awareness

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

FEBRUARY — INTENTIONS

What do I hope God will grow in me this month?

Notes

FEBRUARY 1

Name What Is Here

Today's Scripture

"Why are you downcast, O my soul? Why the unease within me?"
— Psalm 42:5, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I actually feeling beneath the first emotion that showed up?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 1 — PRACTICE

Name What Is Here

One Better Choice

Pause and name the strongest feeling you are carrying. Use one honest word without judging yourself for having it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will name what I feel without giving it control.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 2

A Feeling Is Not an Instruction

Today's Scripture
"Be angry, yet do not sin."
— Ephesians 4:26, BSB

What stood out to me in today's devotional?

A Question to Carry
What is this feeling asking me to do—and does that action agree with who God is calling me to be?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 2 — PRACTICE

A Feeling Is Not an Instruction

One Better Choice
Delay one emotionally charged decision long enough to pray, write, walk, or speak with someone you trust.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will listen to my feelings without obeying every demand they make.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 3

The Story I Add

Today's Scripture

"He who answers a matter before he hears it—this is folly and disgrace to him."
— Proverbs 18:13, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I responding to what actually happened or to the story I created about what happened?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 3 — PRACTICE

The Story I Add

One Better Choice

Take one upsetting situation and make two columns: WHAT I KNOW WHAT I AM ASSUMING Be honest about the difference.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will separate facts from the story fear is telling me.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 4

Anger Has Something Under It

Today's Scripture

"My beloved brothers, understand this: Everyone should be quick to listen, slow to speak, and slow to anger."

— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry

What is my anger protecting right now?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 4 — PRACTICE

Anger Has Something Under It

One Better Choice

Before expressing anger, complete this sentence honestly: “Under my anger, I am also feeling _____.”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will look beneath my anger before I speak from it.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 5

Say It Before It Grows

Today's Scripture
"Do not let the sun set upon your anger."
— Ephesians 4:26, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I silently collecting evidence about instead of discussing honestly?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 5 — PRACTICE

Say It Before It Grows

One Better Choice
Choose one small concern you have been storing. Arrange a calm conversation before it becomes a larger resentment.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will address a concern before silence turns it into resentment.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 6

The Courage to Be Seen

Today's Scripture

"Carry one another's burdens, and in this way you will fulfill the law of Christ."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry

Who has earned enough trust for me to let them see what I normally hide behind strength?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 6 — PRACTICE

The Courage to Be Seen

One Better Choice

Tell one safe person something true about how you are doing without minimizing it or turning it into a joke.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will let one trustworthy person see the truth of how I am doing.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 7

My Body Speaks First

Today's Scripture

"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God?"
— 1 Corinthians 6:19, BSB

What stood out to me in today's devotional?

A Question to Carry

What has my body been trying to tell me that I have been too busy to hear?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 7 — PRACTICE

My Body Speaks First

One Better Choice
Before judging the entire day, check the basics: Water, food, rest, medication if prescribed, breathing, and physical tension. Respond to one need you identify.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will care for my body as part of caring for my emotional life.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

February 1 – February 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

February 1 – February 7

FEBRUARY 8

Pause Before the Explanation

Today's Scripture

"Everyone should be quick to listen, slow to speak, and slow to anger."
— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I trying to understand what this person experienced, or am I only trying to prove what I intended?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 8 — PRACTICE

Pause Before the Explanation

One Better Choice
In one difficult conversation, listen to the entire concern and acknowledge its impact before explaining your side.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will listen before I explain myself.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 9

Fear Needs a Name

Today's Scripture
"When I am afraid, I put my trust in You."
— Psalm 56:3, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I actually afraid will happen?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 9 — PRACTICE

Fear Needs a Name

One Better Choice

Write the exact fear in one sentence. Then identify one action, one acceptance, or one conversation that belongs to you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will name the fear and choose one action it does not control.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 10

Anxiety Is Not a Forecast

Today's Scripture

"Therefore do not worry about tomorrow, for tomorrow will worry about itself."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I treating as a certainty that is actually only a possibility?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 10 — PRACTICE

Anxiety Is Not a Forecast

One Better Choice

Choose one worry. Do the useful preparation available today, then deliberately return your attention to what is actually in front of you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will treat anxiety as a signal, not a prediction.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 11

Privacy Is Not Hiding

Today's Scripture

"The integrity of the upright guides them."
— Proverbs 11:3, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I protecting my dignity—or protecting something I know needs help?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 11 — PRACTICE

Privacy Is Not Hiding

One Better Choice
Ask whether one secret is protecting healthy privacy or protecting a pattern that needs honesty. If necessary, share it with an appropriate trustworthy person.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will protect privacy without using it to hide what needs help.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 12

The Truth Without a Weapon

Today's Scripture
"Speaking the truth in love."
— Ephesians 4:15, BSB

What stood out to me in today's devotional?

A Question to Carry
Do I want this truth to bring clarity—or do I want it to hurt?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 12 — PRACTICE

The Truth Without a Weapon

One Better Choice

Rewrite one difficult statement so it remains completely honest while removing blame, exaggeration, insult, and unnecessary injury.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will tell the truth in a way that leaves dignity intact.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 13

Love Does Not Read Minds

Today's Scripture

"In everything, by prayer and petition, with thanksgiving, present your requests to God."

— Philippians 4:6, BSB

What stood out to me in today's devotional?

A Question to Carry

What have I been expecting someone to know that I have never clearly told them?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 13 — PRACTICE

Love Does Not Read Minds

One Better Choice
Make one clear, respectful request today instead of hoping somebody will guess what you need.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will speak my needs instead of expecting someone to guess them.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 14

Love as a Practice

Today's Scripture
"Little children, let us love not in word and speech, but in action and truth."
— 1 John 3:18, BSB

What stood out to me in today's devotional?

A Question to Carry
If love were an action instead of a feeling today, what would it ask me to do?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 14 — PRACTICE

Love as a Practice

One Better Choice

Choose one practical act of love that respects both your dignity and somebody else's—a call, an apology, a boundary, encouragement, listening, or help freely given.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will practise love through patience, honesty, and responsible action.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

February 8 – February 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

February 8 – February 14

FEBRUARY 15

Loneliness and Isolation

Today's Scripture
"God settles the lonely in families."
— Psalm 68:6, BSB

What stood out to me in today's devotional?

A Question to Carry
Is my time alone restoring me, or closing me off from people who could help?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 15 — PRACTICE

Loneliness and Isolation

One Better Choice
Interrupt isolation with one simple act of connection, even if you do not feel ready for a long conversation.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will choose connection before isolation becomes comfortable.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 16

Check the Conditions

Today's Scripture
"Come with Me privately to a solitary place, and let us rest for a while."
— Mark 6:31, BSB

What stood out to me in today's devotional?

A Question to Carry
Would this situation look different if I were rested, fed, connected, or calmer?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 16 — PRACTICE

Check the Conditions

One Better Choice
Before reacting, check whether you are hungry, angry, lonely, or tired. Address what can be addressed before making an important decision.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will check my physical and emotional condition before judging my life.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 17

The Shame Spiral

Today's Scripture

"Therefore, there is now no condemnation for those who are in Christ Jesus."
— Romans 8:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I taking responsibility for a behaviour, or turning the behaviour into my whole identity?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 17 — PRACTICE

The Shame Spiral

One Better Choice

Replace one global statement such as “I am a failure” with a specific truth about what happened and one repair you can make.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will interrupt shame with honesty, responsibility, and compassion.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 18

The Part I Played

Today's Scripture

"Let us examine and test our ways, and turn back to the LORD."
— Lamentations 3:40, BSB

What stood out to me in today's devotional?

A Question to Carry

What belongs to me here, even if the larger problem did not begin with me?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 18 — PRACTICE

The Part I Played

One Better Choice
In one conflict, identify your part without minimizing the other person's responsibility or accepting responsibility that is not yours.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will own my part without taking responsibility for everything.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 19

I Can Change My Mind

Today's Scripture
"Let the wise listen and gain instruction."
— Proverbs 1:5, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I defending this because it is true—or because admitting I changed my mind feels uncomfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 19 — PRACTICE

I Can Change My Mind

One Better Choice

Reconsider one opinion or plan in light of what you know now. If honesty requires a change, make it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will remain open to new information and change direction when needed.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 20

Listen Without Building a Defense

Today's Scripture
"A fool vents all his anger, but a wise man holds it back."
— Proverbs 29:11, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I listening to understand, or just waiting for enough silence to speak?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 20 — PRACTICE

Listen Without Building a Defense

One Better Choice
During one conversation, summarize what the other person said and ask whether you understood before giving your response.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will listen to understand, not merely to prepare my defence.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 21

The Need Beneath the Demand

Today's Scripture
"Your heavenly Father knows that you need them."
— Matthew 6:32, BSB

What stood out to me in today's devotional?

A Question to Carry
What do I actually need underneath what I am demanding?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 21 — PRACTICE

The Need Beneath the Demand

One Better Choice
Take one demand or criticism and rewrite it as: An honest statement of need + a respectful request.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will ask for what I need without turning it into a demand.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

February 15 – February 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

February 15 – February 21

FEBRUARY 22

Grief Has Its Own Clock

Today's Scripture

"Blessed are those who mourn, for they will be comforted."
— Matthew 5:4, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I allowing myself to grieve honestly, or judging myself because grief has returned?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 22 — PRACTICE

Grief Has Its Own Clock

One Better Choice
If grief appears today, give it a little room instead of immediately pushing it away. Pray, write, cry, remember, or speak with someone safe.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let grief move at an honest pace.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 23

Compassion Without Losing Myself

Today's Scripture
"Carry one another's burdens."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I care deeply about someone without making their life my responsibility?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 23 — PRACTICE

Compassion Without Losing Myself

One Better Choice

Before helping, ask: “Am I supporting this person—or taking over a responsibility that belongs to them?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will practise compassion without abandoning myself.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

FEBRUARY 24

Resentment Is Expensive

Today's Scripture
"Get rid of all bitterness, rage and anger."
— Ephesians 4:31, BSB

What stood out to me in today's devotional?

A Question to Carry
How much of today's peace am I still giving to something that happened yesterday?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 24 — PRACTICE

Resentment Is Expensive

One Better Choice
Identify one resentment and ask: Does this need a conversation, a boundary, forgiveness, acceptance—or some combination of them? Take one step.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will stop feeding one resentment that is costing me peace.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 25

Connection Before Correction

Today's Scripture
"A gentle answer turns away wrath."
— Proverbs 15:1, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I trying to help this person—or simply trying to fix what makes me uncomfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 25 — PRACTICE

Connection Before Correction

One Better Choice
Before giving advice today, ask: “Would you like me to listen, or would you like my thoughts?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will connect before I correct.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 26

Pause Before I React

Today's Scripture

"He who is slow to anger is better than a warrior, and he who controls his temper is greater than one who captures a city."

— Proverbs 16:32, BSB

What stood out to me in today's devotional?

A Question to Carry

What would change if I gave wisdom ten seconds to catch up with emotion?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 26 — PRACTICE

Pause Before I React

One Better Choice
When emotion rises today, create ten seconds of space before speaking or sending the message.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will create space between the feeling and the response.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 27

Tell the Whole Truth Gently

Today's Scripture

"Each of you must put off falsehood and speak truthfully to his neighbor."
— Ephesians 4:25, BSB

What stood out to me in today's devotional?

A Question to Carry

What part of this story do I usually leave out because it makes my position less comfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 27 — PRACTICE

Tell the Whole Truth Gently

One Better Choice
Retell one difficult situation including your part, their part, what you know, and what you do not know. Remove exaggeration.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will tell the whole truth with fairness and gentleness.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

FEBRUARY 28

Enough for Today

Today's Scripture
"Today has enough trouble of its own."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry
What would it feel like to believe that what I faithfully did today can be enough for today?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 28 — PRACTICE

Enough for Today

One Better Choice

At the end of today, name: One thing you completed, one thing you learned, and one thing you are deliberately leaving for tomorrow. Then rest.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will recognize when enough is enough and allow myself to rest.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

February 22 – February 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

February 22 – February 28

FEBRUARY 29

The Gift of an Extra Day

Today's Scripture

"This is the day that the LORD has made; we will rejoice and be glad in it."
— Psalm 118:24, BSB

What stood out to me in today's devotional?

A Question to Carry

If I truly received today as a gift from God, what would I do differently with it?

Where does this show up in my life right now?

Reflection / Journal / Notes

FEBRUARY 29 — PRACTICE

The Gift of an Extra Day

One Better Choice

Use part of this bonus day—or any day you choose to read this—to do one meaningful thing you have been postponing. Keep it simple. Do not save the whole year. Honour this day.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today is a gift. I will honour it with one better choice.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

February 29

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

February 29

MONTH IN REVIEW

February

Feelings, Honesty, and Self-Awareness

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

February — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

March

Powerlessness, Faith, Fear, and Willingness

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

MARCH 1

Powerlessness Is a Beginning

Today's Scripture

"My grace is sufficient for you, for My power is perfected in weakness."
— 2 Corinthians 12:9, BSB

What stood out to me in today's devotional?

A Question to Carry

What becomes possible when I stop pretending I control what I do not?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 1 — PRACTICE

Powerlessness Is a Beginning

One Better Choice

Name one situation you cannot control. Then identify one responsible action that still belongs to you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will accept what I cannot control and act responsibly on what remains mine.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 2

Hope Needs a Door Open

Today's Scripture

"Now may the God of hope fill you with all joy and peace as you believe in Him."
— Romans 15:13, BSB

What stood out to me in today's devotional?

A Question to Carry

Have I declared something hopeless that God may simply be asking me to approach differently?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 2 — PRACTICE

Hope Needs a Door Open

One Better Choice
Do one action that supports the possibility that your situation can improve, even if you cannot yet see how.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will leave room for hope and take one step toward help.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 3

Set the Day Before It Sets Me

Today's Scripture

"Let me hear Your loving devotion in the morning, for I have put my trust in You."
— Psalm 143:8, BSB

What stood out to me in today's devotional?

A Question to Carry

What usually gets the first word in my day—fear, urgency, or God?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 3 — PRACTICE

Set the Day Before It Sets Me

One Better Choice
Create a five-minute morning practice containing: Honesty, prayer, and one clear intention for the day.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will begin with intention rather than surrendering my day to urgency.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 4

Weed My Own Garden

Today's Scripture
"First take the beam out of your own eye."
— Matthew 7:5, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I noticing in someone else because it is easier than looking at what needs attention in me?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 4 — PRACTICE

Weed My Own Garden

One Better Choice
Identify one small “weed” in your own behaviour and address it while it is still small.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will tend my own behaviour before judging someone else’s.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 5

Faith or Fear

Today's Scripture
"For we walk by faith, not by sight."
— 2 Corinthians 5:7, BSB

What stood out to me in today's devotional?

A Question to Carry
Is fear giving me useful information—or trying to become my authority?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 5 — PRACTICE

Faith or Fear

One Better Choice
Take one fear-based thought to prayer or a trustworthy person before making a decision from it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will acknowledge fear without allowing it to make my choices.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 6

Connection Reinforces Faith

Today's Scripture

"For where two or three gather together in My name, there am I with them."
— Matthew 18:20, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I asking God for help while refusing the people through whom some of that help may come?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 6 — PRACTICE

Connection Reinforces Faith

One Better Choice

Contact one person who strengthens your faith, recovery, or judgment and tell them honestly what you need.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will strengthen faith by reaching out instead of isolating.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 7

The Key of Willingness

Today's Scripture
"If you are willing and obedient, you will eat the best of the land."
— Isaiah 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry
What might become possible if I became willing before I became convinced?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 7 — PRACTICE

The Key of Willingness

One Better Choice

Choose one helpful suggestion you have resisted and practise it once today before deciding whether it can help.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will remain willing enough to listen, try, and learn.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

March 1 – March 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

March 1 – March 7

MARCH 8

My Thinking Needs Company

Today's Scripture

"For lack of guidance, a nation falls, but with many counselors comes deliverance."

— Proverbs 11:14, BSB

What stood out to me in today's devotional?

A Question to Carry

What thought have I treated as fact simply because it is mine?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 8 — PRACTICE

My Thinking Needs Company

One Better Choice
Share one persistent thought with someone whose honesty you trust. Ask: “What might I be missing?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will check my thinking with someone I trust before treating it as fact.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 9

The Gift of Desperation

Today's Scripture
"The LORD is near to the brokenhearted."
— Psalm 34:18, BSB

What stood out to me in today's devotional?

A Question to Carry
What did desperation once teach me that comfort is tempting me to forget?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 9 — PRACTICE

The Gift of Desperation

One Better Choice
Name one lesson from a painful turning point. Use that lesson to support a healthier decision today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will use pain as a reason to seek change, not as permission to give up.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 10

What I Was Really Looking For

Today's Scripture

"For the choirmaster. A Maskil of the sons of Korah. As the deer pants for streams of water, so my soul longs after You, O God."

— Psalm 42:1, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I really looking for beneath the thing I think I want right now?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 10 — PRACTICE

What I Was Really Looking For

One Better Choice
Before choosing quick relief, ask: “What deeper need am I actually trying to meet?” Choose one healthier way to respond to that need.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will look beneath quick relief and choose what leads toward lasting peace.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 11

Choices Shape Results

Today's Scripture

"Whatever a man sows, he will reap in return."
— Galatians 6:7, BSB

What stood out to me in today's devotional?

A Question to Carry

Would I still believe this is the right choice if it does not produce the result I want?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 11 — PRACTICE

Choices Shape Results

One Better Choice

Make one choice based on integrity rather than a guaranteed result or another person's response.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will choose according to my values and accept that I cannot guarantee the result.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 12

Prepare Spiritually

Today's Scripture

"Create in me a clean heart, O God, and renew a right spirit within me."
— Psalm 51:10, BSB

What stood out to me in today's devotional?

A Question to Carry

What condition am I bringing into the room?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 12 — PRACTICE

Prepare Spiritually

One Better Choice

Before a demanding task or conversation, prepare your attitude and spiritual condition as carefully as your materials or schedule.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will prepare my spirit and emotions before entering the demands of the day.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 13

This Is Not a Solo Life

Today's Scripture

"Two are better than one, because they have a good return for their labor."
— Ecclesiastes 4:9, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I asking people for guidance—or only asking them to approve a decision I already made?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 13 — PRACTICE

This Is Not a Solo Life

One Better Choice
Tell a trusted person what you are thinking before the decision is made, not only after the consequences arrive.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that asking for help is part of responsible living.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 14

Put Down the Blame

Today's Scripture
"Each one should test his own work."
— Galatians 6:4, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I using somebody else's behaviour to avoid examining mine?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 14 — PRACTICE

Put Down the Blame

One Better Choice

In one conflict, write down your part without minimizing the other person's responsibility or exaggerating your own.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will examine my part without carrying responsibility that belongs to someone else.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

March 8 – March 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

March 8 – March 14

MARCH 15

Expectations and Acceptance

Today's Scripture
"Yet not My will, but Yours be done."
— Luke 22:42, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I want something deeply without requiring it in order to have peace?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 15 — PRACTICE

Expectations and Acceptance

One Better Choice

Identify one expectation creating frustration today. Ask: “Is this a reasonable expectation—or have I turned my preference into a demand?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will make plans while leaving room for God, people, and circumstances to be different from my expectations.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 16

Faith With Feet

Today's Scripture
"Faith without deeds is dead."
— James 2:26, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I waiting for God to do something He may already be asking me to participate in?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 16 — PRACTICE

Faith With Feet

One Better Choice
Choose one thing you have been praying about and identify one responsible action that supports the prayer. Do it today if possible.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will put responsible action underneath what I say I believe.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 17

Progress Is Not a Straight Line

Today's Scripture

"For though a righteous man may fall seven times, he still gets up."
— Proverbs 24:16, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I overlooking real progress because it did not happen perfectly?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 17 — PRACTICE

Progress Is Not a Straight Line

One Better Choice

Think about one recurring struggle and identify how your response today is different from a year ago, a month ago, or even last time.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will measure progress by direction, honesty, and willingness—not perfection.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 18

Ask Instead of Assume

Today's Scripture

"He who answers a matter before he hears it—this is folly and disgrace to him."
— Proverbs 18:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What do I believe I know about another person's motives that I have never actually asked them about?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 18 — PRACTICE

Ask Instead of Assume

One Better Choice
Replace one assumption with one respectful question.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will ask for clarity instead of automatically filling the unknown with fear.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 19

Surrender Is a Daily Practice

Today's Scripture

"Trust in the LORD with all your heart, and lean not on your own understanding."
— Proverbs 3:5, BSB

What stood out to me in today's devotional?

A Question to Carry

What did I surrender to God and quietly pick back up?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 19 — PRACTICE

Surrender Is a Daily Practice

One Better Choice

Choose one thing you keep trying to control. Say: “This is what belongs to me. This is what does not.” Act on the first and release the second.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will practise surrender as often as I need to.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 20

Courage Can Be Quiet

Today's Scripture
"Wait patiently for the LORD; be strong and courageous."
— Psalm 27:14, BSB

What stood out to me in today's devotional?

A Question to Carry
What quiet act of courage is available to me today?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 20 — PRACTICE

Courage Can Be Quiet

One Better Choice
Identify one small action you have avoided because it requires courage. Take one manageable step toward it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will not wait to feel fearless before doing what is right.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 21

Willing, Not Ready

Today's Scripture

"For if the eagerness is there, the gift is acceptable according to what one has."
— 2 Corinthians 8:12, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I postponing because I have confused readiness with willingness?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 21 — PRACTICE

Willing, Not Ready

One Better Choice
Take the first small step toward something good you are willing to do even though you do not feel completely ready.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I do not need to feel ready. I only need to remain willing.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

March 15 – March 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

March 15 – March 21

MARCH 22

I Do Not Need the Whole Map

Today's Scripture
"Your word is a lamp to my feet and a light to my path."
— Psalm 119:105, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I demanding to know about tomorrow before I am willing to live today?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 22 — PRACTICE

I Do Not Need the Whole Map

One Better Choice
Stop trying to solve the entire journey. Identify the next responsible step and give your attention to that.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will walk with the light I have instead of waiting for the whole map.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 23

Control Can Wear a Helpful Face

Today's Scripture

"Each one should be fully convinced in his own mind."
— Romans 14:5, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I offering help—or trying to control the outcome through helpfulness?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 23 — PRACTICE

Control Can Wear a Helpful Face

One Better Choice

Before giving unsolicited advice, ask: “Would you like my thoughts, or would you rather I just listen?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will offer support without demanding control over another person’s choices.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 24

Fear Loves Urgency

Today's Scripture
"The one who believes will never be shaken."
— Isaiah 28:16, BSB

What stood out to me in today's devotional?

A Question to Carry
Is this truly urgent, or does fear simply want immediate relief?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 24 — PRACTICE

Fear Loves Urgency

One Better Choice

Before acting from urgency, ask: “What actually happens if I wait ten minutes, an hour, or until tomorrow?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will not confuse emotional urgency with actual urgency.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 25

Let God Be God

Today's Scripture
"Be still and know that I am God."
— Psalm 46:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What job am I trying to do today that actually belongs to God?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 25 — PRACTICE

Let God Be God

One Better Choice
Identify where your responsibility ends today. When you reach that point, stop adding imaginary responsibilities and release the outcome to God.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will do my part and let God remain God.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 26

Faith Can Ask Questions

Today's Scripture
"I do believe; help my unbelief!"
— Mark 9:24, BSB

What stood out to me in today's devotional?

A Question to Carry
What question have I been afraid to bring honestly into prayer?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 26 — PRACTICE

Faith Can Ask Questions

One Better Choice
Bring one honest question to God today without demanding an immediate answer.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let honest questions deepen my relationship with God instead of hiding them from Him.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 27

Do Not Borrow Trouble

Today's Scripture
"Therefore do not worry about tomorrow."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry
What future trouble am I paying for emotionally before I even know whether it exists?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 27 — PRACTICE

Do Not Borrow Trouble

One Better Choice

For one future worry, separate: WHAT I CAN PREPARE TODAY From WHAT ONLY TOMORROW CAN ANSWER. Do the first. Release the second.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will prepare responsibly without borrowing tomorrow's trouble.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 28

Willingness Needs Practice

Today's Scripture
"Teach me to do Your will, for You are my God."
— Psalm 143:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What do I already know helps me that I keep waiting to feel like doing?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 28 — PRACTICE

Willingness Needs Practice

One Better Choice
Practise one healthy action you already know helps even if you do not particularly feel like doing it today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise willingness through action.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

March 22 – March 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

March 22 – March 28

MARCH 29

Control Is Not Safety

Today's Scripture

"Trust in the LORD with all your heart, and lean not on your own understanding."
— Proverbs 3:5, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I actually creating safety—or trying to eliminate every uncertainty because uncertainty frightens me?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 29 — PRACTICE

Control Is Not Safety

One Better Choice

Release one demand about how another person or event must unfold. Focus instead on your preparation, boundaries, and response.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will release the outcome while taking care of my preparation, boundaries, and response.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MARCH 30

Do Not Trust the Committee in My Head

Today's Scripture
"With many counselors comes deliverance."
— Proverbs 11:14, BSB

What stood out to me in today's devotional?

A Question to Carry
Who is chairing the meeting in my head right now—fear, resentment, urgency, or wisdom?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 30 — PRACTICE

Do Not Trust the Committee in My Head

One Better Choice
Delay one urgent conclusion. Gather facts and consult a trusted person before acting on the committee in your head.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will pause the committee in my head and invite facts, prayer, and trusted perspective.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MARCH 31

Joy Is Not an Achievement

Today's Scripture
"The joy of the LORD is your strength."
— Nehemiah 8:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I still asking the outside world to provide that God may be asking me to cultivate within?

Where does this show up in my life right now?

Reflection / Journal / Notes

MARCH 31 — PRACTICE

Joy Is Not an Achievement

One Better Choice
Name one inner practice that creates lasting peace. Practise it today. Then share something that has helped you with another person.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise the inner habits that allow peace and gratitude to grow.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

March 29 – March 31

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

March 29 – March 31

MONTH IN REVIEW

March

Powerlessness, Faith, Fear, and Willingness

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

March — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

April

Open-Mindedness, Change, Growth, and Teachability

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

APRIL 1

Maybe There Is Another Way

Today's Scripture

"The way of a fool is right in his own eyes, but a wise man listens to counsel."
— Proverbs 12:15, BSB

What stood out to me in today's devotional?

A Question to Carry

Where have I confused familiarity with correctness?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 1 — PRACTICE

Maybe There Is Another Way

One Better Choice

When you disagree with one idea today, pause before rejecting it and ask: “Is there something here I can learn?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will leave room for the possibility that there is another way.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 2

Being Wrong Will Not Destroy Me

Today's Scripture

"Whoever loves discipline loves knowledge, but he who hates correction is stupid."

— Proverbs 12:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Why does being wrong sometimes feel more dangerous to me than remaining wrong?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 2 — PRACTICE

Being Wrong Will Not Destroy Me

One Better Choice

When corrected today, resist the immediate explanation. First ask: “Is there any truth here that can help me?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will value truth more than protecting the appearance of always being right.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 3

Curiosity Before Judgment

Today's Scripture

"He who answers a matter before he hears it—this is folly and disgrace to him."
— Proverbs 18:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What conclusion have I reached about someone without knowing enough of their story?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 3 — PRACTICE

Curiosity Before Judgment

One Better Choice
Replace one judgment today with an honest question: “What might I not understand yet?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will practise curiosity before judgment.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 4

Change Can Feel Like Loss

Today's Scripture

"To everything there is a season, and a time for every purpose under heaven."
— Ecclesiastes 3:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I resisting a healthy change because part of me is grieving what it requires me to leave behind?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 4 — PRACTICE

Change Can Feel Like Loss

One Better Choice

Name one thing you are gaining through change and one thing you are honestly grieving. Make room for both.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow growth and grief to exist in the same heart.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 5

I Can Learn From Anyone

Today's Scripture
"Everyone should be quick to listen, slow to speak."
— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry
Whose wisdom have I discounted because of who delivered it?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 5 — PRACTICE

I Can Learn From Anyone

One Better Choice
Listen carefully to someone you would not normally consider a teacher. Look for one useful thing you can learn.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remain teachable enough to learn from unexpected people.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 6

Discomfort Is Not Always Danger

Today's Scripture

"It was good for me to be afflicted, that I might learn Your statutes."
— Psalm 119:71, BSB

What stood out to me in today's devotional?

A Question to Carry

What healthy growth have I been avoiding because discomfort felt like a warning to stop?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 6 — PRACTICE

Discomfort Is Not Always Danger

One Better Choice

When discomfort appears today, ask: “Am I unsafe—or am I uncomfortable because I am growing?” Respond accordingly.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will respect genuine danger without automatically running from healthy discomfort.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 7

Teachability Is Strength

Today's Scripture
"Instruct a wise man, and he will be wiser still."
— Proverbs 9:9, BSB

What stood out to me in today's devotional?

A Question to Carry
When was the last time I genuinely said, "I don't know—teach me"?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 7 — PRACTICE

Teachability Is Strength

One Better Choice

Ask someone to teach you one thing you do not know and resist the urge to prove what you already know.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will treat teachability as strength rather than weakness.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

April 1 – April 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

April 1 – April 7

APRIL 8

Direction Is Not Control

Today's Scripture

"For lack of guidance, a nation falls, but with many counselors comes deliverance."

— Proverbs 11:14, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I rejecting this direction because it is wrong—or because I do not like receiving direction?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 8 — PRACTICE

Direction Is Not Control

One Better Choice

Bring one decision to a qualified or trusted person. Listen completely before deciding what you will do.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will receive direction without confusing guidance with the loss of my freedom.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 9

The Courage to Be Wrong

Today's Scripture

"He who conceals his sins will not prosper, but whoever confesses and renounces them will find mercy."

— Proverbs 28:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What would become easier to repair if I simply admitted where I was wrong?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 9 — PRACTICE

The Courage to Be Wrong

One Better Choice

Correct one mistake without adding an excuse. State what happened, what you learned, and what you will do next.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will choose truth over the temporary protection of pride.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 10

Growth Is Often Quiet

Today's Scripture
"For who has despised the day of small things?"
— Zechariah 4:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What quiet evidence of growth have I overlooked because I was waiting for something dramatic?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 10 — PRACTICE

Growth Is Often Quiet

One Better Choice
Write down three small ways your response to life is healthier than it once was.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will honour quiet growth by continuing the choices that produced it.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 11

Let Feedback Land

Today's Scripture
"He who listens to life-giving reproof will dwell among the wise."
— Proverbs 15:31, BSB

What stood out to me in today's devotional?

A Question to Carry
What feedback have I rejected because I disliked the way it was delivered?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 11 — PRACTICE

Let Feedback Land

One Better Choice
When receiving feedback, ask for one specific example. Then give yourself time before deciding what part is useful.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will receive correction as information, not as a definition of my worth.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 12

Room for the Whole Story

Today's Scripture

"He who answers a matter before he hears it—this is folly and disgrace to him."
— Proverbs 18:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What might I learn if I became curious before becoming certain?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 12 — PRACTICE

Room for the Whole Story

One Better Choice
Ask one sincere question in a situation where you are tempted to assume you already know the motive.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will become curious before I become certain about another person.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 13

Let the People I Love Teach Me

Today's Scripture

"Everyone should be quick to listen, slow to speak."
— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry

What might the people closest to me know about my behaviour that I cannot see from inside my own intentions?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 13 — PRACTICE

Let the People I Love Teach Me

One Better Choice

Ask someone you love: “What is one change in my behaviour that would help you feel more heard or respected?” Listen without immediately defending yourself.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will allow love to make me teachable, not merely protective.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 14

Hard Conversations Can Teach Me

Today's Scripture
"The wounds of a friend are faithful."
— Proverbs 27:6, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I avoiding this conversation because it is unsafe—or because honesty will be uncomfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 14 — PRACTICE

Hard Conversations Can Teach Me

One Better Choice

Choose one necessary conversation you have been avoiding. Before beginning, write down: What do I hope we understand more clearly when this conversation is finished?

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow a necessary hard conversation to teach me something.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

April 8 – April 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

April 8 – April 14

APRIL 15

My First Thought Is Not My Final Answer

Today's Scripture
"A patient man has great understanding."
— Proverbs 14:29, BSB

What stood out to me in today's devotional?

A Question to Carry
What might become possible if I stop treating my first impulse as the only option?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 15 — PRACTICE

My First Thought Is Not My Final Answer

One Better Choice

Delay one emotionally urgent response long enough to identify at least two other possible actions.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will respect my first thought without allowing it to become my final decision.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 16

Practise Before I Agree Completely

Today's Scripture
"Taste and see that the LORD is good."
— Psalm 34:8, BSB

What stood out to me in today's devotional?

A Question to Carry
What have I dismissed without giving honest experience a chance to teach me?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 16 — PRACTICE

Practise Before I Agree Completely

One Better Choice
Choose one safe, helpful practice and use it consistently for the next seven days before deciding whether it helps.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give experience a fair chance to teach me.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 17

Knowledge Must Become Action

Today's Scripture
"Be doers of the word, and not hearers only."
— James 1:22, BSB

What stood out to me in today's devotional?

A Question to Carry
What do I already know that my behaviour has not caught up with yet?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 17 — PRACTICE

Knowledge Must Become Action

One Better Choice
Choose one principle you frequently talk about and complete one action that proves you are practising it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will move one lesson from my mind into my behaviour.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 18

Different Does Not Mean Dangerous

Today's Scripture
"But test all things. Hold fast to what is good."
— 1 Thessalonians 5:21, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I responding to genuine danger—or simply to something unfamiliar?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 18 — PRACTICE

Different Does Not Mean Dangerous

One Better Choice
Listen to one perspective that differs from yours and identify one thing you can understand, even if you still disagree.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will not confuse unfamiliarity with danger.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 19

Let Someone Else Lead

Today's Scripture

"Submit to one another out of reverence for Christ."
— Ephesians 5:21, BSB

What stood out to me in today's devotional?

A Question to Carry

Do I actually need to lead this—or am I uncomfortable trusting someone else to do it differently?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 19 — PRACTICE

Let Someone Else Lead

One Better Choice
Allow another capable person to lead one task or conversation. Support the process without taking it back.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise trust by following responsibly where I do not need to lead.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 20

The Uncomfortable Middle

Today's Scripture
"Allow perseverance to finish its work."
— James 1:4, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I tempted to return to an old pattern simply because the healthier one still feels unfamiliar?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 20 — PRACTICE

The Uncomfortable Middle

One Better Choice

Name the change whose middle feels uncomfortable. Identify one support that will help you remain in it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will stay with healthy change long enough for the new way to become familiar.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 21

Resistance Is Information

Today's Scripture
"Search me, O God, and know my heart; test me and know my concerns."
— Psalm 139:23, BSB

What stood out to me in today's devotional?

A Question to Carry
Is this resistance protecting something valuable—or protecting something familiar?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 21 — PRACTICE

Resistance Is Information

One Better Choice

Write down what you are resisting and complete this sentence: “If I changed, I am afraid that _____.” Then examine the answer honestly.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will examine resistance before deciding whether to obey it.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

April 15 – April 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

April 15 – April 21

APRIL 22

Progress Can Feel Unfamiliar

Today's Scripture

"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

— Philippians 4:7, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I mistrusting peace simply because chaos is more familiar to me?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 22 — PRACTICE

Progress Can Feel Unfamiliar

One Better Choice

Notice one healthy condition that feels unfamiliar. Practise staying present without creating a problem to escape the quiet.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow stability to become familiar.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 23

The Old Way Knows My Name

Today's Scripture

"Watch and pray so that you will not enter into temptation."
— Matthew 26:41, BSB

What stood out to me in today's devotional?

A Question to Carry

What old pattern still sounds convincing when I am tired, afraid, or under pressure?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 23 — PRACTICE

The Old Way Knows My Name

One Better Choice
Identify one old response that appears under stress. Write the new response you want to practise instead.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will recognize the old invitation and choose a healthier response.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 24

A New Response Builds a New Pattern

Today's Scripture
"Be transformed by the renewing of your mind."
— Romans 12:2, BSB

What stood out to me in today's devotional?

A Question to Carry
What response do I want to become more natural through repetition?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 24 — PRACTICE

A New Response Builds a New Pattern

One Better Choice

Choose one recurring situation and decide the specific response you want to practise the next time it appears.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will strengthen a new pattern through one repeated better choice.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 25

Humility Without Disappearing

Today's Scripture

"Each one should test his own work. Then he will have reason to boast in himself alone, and not in someone else."

— Galatians 6:4, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I practising humility—or making myself smaller because honesty feels uncomfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 25 — PRACTICE

Humility Without Disappearing

One Better Choice

Name one strength you will use responsibly and one limitation for which you will seek help.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will practise humility by seeing myself honestly, not by making myself smaller.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 26

Correction Is Not Rejection

Today's Scripture
"Those I love I rebuke and discipline."
— Revelation 3:19, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I hearing correction—or translating it into rejection before I have understood it?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 26 — PRACTICE

Correction Is Not Rejection

One Better Choice

When corrected, ask for the specific behaviour and desired change instead of assuming the relationship is ending.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will separate the discomfort of correction from the fear of rejection.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 27

Boundaries Can Still Be Teachable

Today's Scripture
"Guard your heart with all diligence."
— Proverbs 4:23, BSB

What stood out to me in today's devotional?

A Question to Carry
Is this boundary protecting something important, punishing someone, or helping me avoid something I need to examine?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 27 — PRACTICE

Boundaries Can Still Be Teachable

One Better Choice

Review one boundary. Ask whether it is protecting health and integrity—or being used to avoid an honest conversation.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will protect appropriate limits while remaining open to examining my part.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

APRIL 28

Failure Is Information

Today's Scripture

"Though he falls, he will not be overwhelmed, for the LORD is holding his hand."
— Psalm 37:24, BSB

What stood out to me in today's devotional?

A Question to Carry

What is this failure trying to teach me that shame is keeping me from seeing?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 28 — PRACTICE

Failure Is Information

One Better Choice

Review one disappointing result using facts, lessons, and next steps rather than labels about your worth.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will treat failure as information and remain willing to learn.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

April 22 – April 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

April 22 – April 28

APRIL 29

Remain a Student

Today's Scripture
"Let the wise listen and gain instruction."
— Proverbs 1:5, BSB

What stood out to me in today's devotional?

A Question to Carry
Where has experience made me wiser—and where might it be making me too certain?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 29 — PRACTICE

Remain a Student

One Better Choice
Choose one area where you already have experience and deliberately learn one new thing from a book, class, Scripture, or another person.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will carry my experience with the mind of a student.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

APRIL 30

Give Away What I Learn

Today's Scripture
"Freely you have received; freely give."
— Matthew 10:8, BSB

What stood out to me in today's devotional?

A Question to Carry
What have I learned that might become useful to someone else if I shared it honestly and humbly?

Where does this show up in my life right now?

Reflection / Journal / Notes

APRIL 30 — PRACTICE

Give Away What I Learn

One Better Choice

Share one useful lesson with humility. Make it clear that you are offering your experience, not issuing a command for somebody else's life.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will give away what I have learned and remain open to learning in return.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

April 29 – April 30

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

April 29 – April 30

MONTH IN REVIEW

April

Open-Mindedness, Change, Growth, and Teachability

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

April — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

May

Gratitude and Service

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

MAY 1

Begin with What Is Here

Today's Scripture

"Bless the LORD, O my soul, and do not forget all His kind deeds."
— Psalm 103:2, BSB

What stood out to me in today's devotional?

A Question to Carry

What good thing has become so familiar that I have stopped seeing it?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 1 — PRACTICE

Begin with What Is Here

One Better Choice

Name three specific things that are present and supporting your life today. Make them concrete.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will begin with what is present instead of concentrating only on what is missing.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MAY 2

Gratitude Is Not Pretending

Today's Scripture
"Weeping may stay the night, but joy comes in the morning."
— Psalm 30:5, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I tell the truth about what hurts while still allowing something good to be true at the same time?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 2 — PRACTICE

Gratitude Is Not Pretending

One Better Choice
Name one thing that hurts and one thing you are genuinely grateful for. Do not use either one to cancel the other.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise gratitude without pretending everything is fine.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 3

Put Gratitude into Motion

Today's Scripture
"Serve one another in love."
— Galatians 5:13, BSB

What stood out to me in today's devotional?

A Question to Carry
If my gratitude became visible today, what would somebody see me doing?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 3 — PRACTICE

Put Gratitude into Motion

One Better Choice
Take one thing you are grateful for and turn it into one useful act of service.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will put gratitude into motion through one respectful act of service.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 4

Remember Who Helped Me Begin

Today's Scripture

"Two are better than one … For if one falls down, his companion can lift him up."
— Ecclesiastes 4:9–10, BSB

What stood out to me in today's devotional?

A Question to Carry

Whose patience, truth, faith, or presence helped me become the person I am becoming?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 4 — PRACTICE

Remember Who Helped Me Begin

One Better Choice
Identify one person who helped move you toward life. Thank them directly or honour their influence through one better choice.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that I did not arrive here by myself.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 5

The Ordinary Things Hold Me Up

Today's Scripture
"Give us this day our daily bread."
— Matthew 6:11, BSB

What stood out to me in today's devotional?

A Question to Carry
What ordinary part of my life would suddenly seem precious if it were gone tomorrow?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 5 — PRACTICE

The Ordinary Things Hold Me Up

One Better Choice
Choose one ordinary support in your life and care for it deliberately today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will notice and respect the ordinary things that help carry me.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 6

Thank the People Who Showed Me

Today's Scripture
"You are to imitate me, just as I imitate Christ."
— 1 Corinthians 11:1, BSB

What stood out to me in today's devotional?

A Question to Carry
Who taught me something important simply by the way they lived?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 6 — PRACTICE

Thank the People Who Showed Me

One Better Choice
Tell one person exactly what they modelled for you and how it influenced your choices.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give specific thanks instead of assuming people already know.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 7

Attention Changes the Day

Today's Scripture

"Whatever is true … whatever is lovely … think on these things."
— Philippians 4:8, BSB

What stood out to me in today's devotional?

A Question to Carry

What part of today's truth disappears when I focus only on what went wrong?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 7 — PRACTICE

Attention Changes the Day

One Better Choice
When you catch yourself rehearsing what went wrong, add three truthful details showing effort, support, learning, or possibility.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will widen my attention instead of feeding one painful version of the day.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

May 1 – May 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

May 1 – May 7

MAY 8

Gratitude Changes What I See

Today's Scripture

"Give thanks to the LORD, for He is good; His loving devotion endures forever."
— Psalm 107:1, BSB

What stood out to me in today's devotional?

A Question to Carry

What has become invisible to me simply because I have had it for a while?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 8 — PRACTICE

Gratitude Changes What I See

One Better Choice
Before naming today's problems, name three things that are working, helping, or supporting you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will deliberately notice what is helping as well as what is hurting.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 9

Gratitude Interrupts Entitlement

Today's Scripture
"What do you have that you did not receive?"
— 1 Corinthians 4:7, BSB

What stood out to me in today's devotional?

A Question to Carry
Where has something I once considered a gift quietly become something I expect?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 9 — PRACTICE

Gratitude Interrupts Entitlement

One Better Choice
Identify one thing you have started taking for granted and express appreciation for it specifically.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that familiar blessings are still blessings.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 10

Serve Without Being Seen

Today's Scripture

"Your Father, who sees what is done in secret, will reward you."
— Matthew 6:4, BSB

What stood out to me in today's devotional?

A Question to Carry

Would I still do this good thing if nobody ever knew it was me?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 10 — PRACTICE

Serve Without Being Seen

One Better Choice
Do one useful thing anonymously or without mentioning that you did it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise one act of service that does not need recognition.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 11

Receive Before I Give

Today's Scripture
"We love because He first loved us."
— 1 John 4:19, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I serving from genuine willingness—or trying to prove that I never need anything from anyone?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 11 — PRACTICE

Receive Before I Give

One Better Choice
Receive one appropriate form of support today without apologizing for needing it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will allow myself to receive what helps me remain able to give.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 12

Service Is Not Control

Today's Scripture

"Each of you should look not only to your own interests, but also to the interests of others."

— Philippians 2:4, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I serving this person—or trying to make their choices match what would make me comfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 12 — PRACTICE

Service Is Not Control

One Better Choice

Before helping someone, ask: “What would be most useful to you right now?” Then listen to the answer.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will serve with respect instead of using helpfulness to control.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MAY 13

Gratitude for the Lesson

Today's Scripture
"It was good for me to be afflicted, that I might learn Your statutes."
— Psalm 119:71, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I honour what I learned without pretending the pain itself was good?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 13 — PRACTICE

Gratitude for the Lesson

One Better Choice
Choose one difficult experience and identify one lesson or strength you carry because you lived through it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will be grateful for growth without rewriting the truth about what hurt.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 14

Give What I Once Needed

Today's Scripture

"So that we can comfort those in any trouble with the comfort we ourselves have received from God."

— 2 Corinthians 1:4, BSB

What stood out to me in today's devotional?

A Question to Carry

What did someone once give me that I am now capable of giving to somebody else?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 14 — PRACTICE

Give What I Once Needed

One Better Choice

Think about something you once desperately needed from another person. Offer a healthy version of that support to someone today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will let gratitude become compassion by giving something I once needed.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

May 8 – May 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

May 8 – May 14

MAY 15

The Motive Beneath the Help

Today's Scripture

"Do nothing out of selfish ambition or empty pride."
— Philippians 2:3, BSB

What stood out to me in today's devotional?

A Question to Carry

Would I still offer this help if nobody praised me, needed me afterward, or followed my advice?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 15 — PRACTICE

The Motive Beneath the Help

One Better Choice

Before helping today, ask: “What am I secretly hoping to receive in return?” Be honest about the answer.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will examine the motive beneath my help and serve without a hidden contract.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MAY 16

Help Without Taking Over

Today's Scripture
"Carry one another's burdens."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I helping this person carry their responsibility, or quietly replacing their responsibility with mine?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 16 — PRACTICE

Help Without Taking Over

One Better Choice

Before stepping in, ask what help would actually be useful and what responsibility needs to remain with the other person.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will support people without taking ownership of their lives.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MAY 17

Not Meant to Carry It Alone

Today's Scripture
"Two are better than one."
— Ecclesiastes 4:9, BSB

What stood out to me in today's devotional?

A Question to Carry
Who do I begin avoiding when I am overwhelmed, ashamed, angry, or afraid?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 17 — PRACTICE

Not Meant to Carry It Alone

One Better Choice

Reach out to one trustworthy person before pressure becomes isolation. Tell them something more honest than: “I’m fine.”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will use connection as protection before isolation makes decisions for me.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MAY 18

Keep It Simple and Be Present

Today's Scripture
"Therefore do not worry about tomorrow."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry
What part of the life I once hoped for is happening now while my mind is somewhere else?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 18 — PRACTICE

Keep It Simple and Be Present

One Better Choice
Choose one part of today to experience without multitasking, fixing, improving, or rushing it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will keep the moment simple enough to be present for it.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 19

We Do Better Together

Today's Scripture

"Two are better than one, because they have a good return for their labor."
— Ecclesiastes 4:9, BSB

What stood out to me in today's devotional?

A Question to Carry

What responsibility have I made unnecessarily heavy because I wanted to prove I could carry it myself?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 19 — PRACTICE

We Do Better Together

One Better Choice
Invite another person's experience into one task or decision you have been carrying alone.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will contribute to the team and allow the team to contribute to me.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 20

Gratitude and Uneasiness Can Coexist

Today's Scripture

"Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

— Philippians 4:6, BSB

What stood out to me in today's devotional?

A Question to Carry

Can I remain grateful for what is good while honestly examining what may need to change?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 20 — PRACTICE

Gratitude and Uneasiness Can Coexist

One Better Choice
Name one uneasy feeling and share it with a trusted person before making a major decision from it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will allow gratitude and uncertainty to exist together while I seek clarity.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 21

Protect What Keeps Me Well

Today's Scripture

"Guard your heart with all diligence, for from it flow springs of life."
— Proverbs 4:23, BSB

What stood out to me in today's devotional?

A Question to Carry

What practice helped build the life I value that I have slowly started treating as optional?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 21 — PRACTICE

Protect What Keeps Me Well

One Better Choice
Restore one maintenance practice that has become inconsistent, optional, or negotiable.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will protect the structure that supports the life I value.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

May 15 – May 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

May 15 – May 21

MAY 22

Show Up for the Work

Today's Scripture
"Be doers of the word, and not hearers only."
— James 1:22, BSB

What stood out to me in today's devotional?

A Question to Carry
Where am I admiring the principle while avoiding the work?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 22 — PRACTICE

Show Up for the Work

One Better Choice
Complete one recovery, faith, relationship, or responsibility task you have been discussing more than doing.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will show my gratitude by showing up for the work.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 23

Community Is Part of the Gift

Today's Scripture

"And let us consider how to spur one another on to love and good deeds. Let us not neglect meeting together."

— Hebrews 10:24–25, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I treating community as something I visit only when I need something, or as part of the life I am building?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 23 — PRACTICE

Community Is Part of the Gift

One Better Choice
Participate in one community connection today as both a receiver and a contributor.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will treat belonging as a gift that also asks for my presence.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 24

Keep Looking for the Next Right Thing

Today's Scripture

"Your word is a lamp to my feet and a light to my path."
— Psalm 119:105, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I waiting for certainty when one useful action could give me more information?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 24 — PRACTICE

Keep Looking for the Next Right Thing

One Better Choice
Identify the smallest responsible action available in a situation that still feels uncertain, and take it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will keep looking by doing the next right thing I can see.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 25

Listen Before I Lead

Today's Scripture

"Everyone should be quick to listen, slow to speak."
— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I leading what is actually needed, or leading the situation I assumed existed?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 25 — PRACTICE

Listen Before I Lead

One Better Choice
In one conversation, ask two sincere questions before offering advice or a solution.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will listen long enough for my service to match the actual need.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 26

The Courage to Look Within

Today's Scripture
"Search me, O God, and know my heart."
— Psalm 139:23, BSB

What stood out to me in today's devotional?

A Question to Carry
What truth about myself has become visible that can now become an opportunity for growth?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 26 — PRACTICE

The Courage to Look Within

One Better Choice
Name one pattern you can now see more clearly and identify the support needed to address it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will be grateful for awareness and use it as an invitation to grow.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 27

Ego Is a Poor Guide

Today's Scripture
"Let another praise you, and not your own mouth."
— Proverbs 27:2, BSB

What stood out to me in today's devotional?

A Question to Carry
Would I still consider this worthwhile if nobody knew how much of it came from me?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 27 — PRACTICE

Ego Is a Poor Guide

One Better Choice
Complete one useful act without announcing it, controlling how it is received, or seeking extra recognition.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let usefulness, not ego, guide my contribution.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 28

Ask for Help Before I Break

Today's Scripture
"Carry one another's burdens."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I carrying alone that would be safer to share before it becomes a crisis?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 28 — PRACTICE

Ask for Help Before I Break

One Better Choice
Identify one pressure you have been hiding and ask an appropriate person for help, advice, or shared responsibility today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will ask for help before pressure removes my ability to choose well.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

May 22 – May 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

May 22 – May 28

MAY 29

Reasonably Happy Is Enough

Today's Scripture
"Godliness with contentment is great gain."
— 1 Timothy 6:6, BSB

What stood out to me in today's devotional?

A Question to Carry
What goodness am I refusing to call enough because I am comparing it with perfection?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 29 — PRACTICE

Reasonably Happy Is Enough

One Better Choice
Identify one ordinary sign of peace or reasonable happiness that you have been overlooking.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will receive enough without demanding that it become perfect.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

MAY 30

No One Is Exempt

Today's Scripture

"For all have sinned and fall short of the glory of God."
— Romans 3:23, BSB

What stood out to me in today's devotional?

A Question to Carry

Where am I comparing stories instead of allowing shared humanity to connect me with other people?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 30 — PRACTICE

No One Is Exempt

One Better Choice

Notice one way comparison is preventing identification, connection, or appropriate help, and replace it with honesty.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will stop comparing qualifications for pain and participate in the help available.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

MAY 31

Remember the Turning Point

Today's Scripture

"Remember that these forty years the LORD your God led you all the way in the wilderness."

— Deuteronomy 8:2, BSB

What stood out to me in today's devotional?

A Question to Carry

What did my turning point teach me that I never want comfortable living to make me forget?

Where does this show up in my life right now?

Reflection / Journal / Notes

MAY 31 — PRACTICE

Remember the Turning Point

One Better Choice

Write what your turning point taught you and name one practice that keeps that lesson alive today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will remember why I began and honour that beginning through continued action.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

May 29 – May 31

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

May 29 – May 31

MONTH IN REVIEW

May

Gratitude and Service

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

May — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

June

Relationships, Family, and Responsibility

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

JUNE 1

Love Needs Presence

Today's Scripture

"Everyone should be quick to listen, slow to speak, and slow to anger."
— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry

When the people I love are talking to me, do they experience my presence—or merely my proximity?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 1 — PRACTICE

Love Needs Presence

One Better Choice
Give someone you love ten minutes of undivided attention today. No phone. No multitasking. No fixing unless they ask.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make love visible through attention.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 2

Listen for What Is Underneath

Today's Scripture

"The intentions of a man's heart are deep waters, but a man of understanding draws them out."

— Proverbs 20:5, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I responding to what this person actually needs—or to what I assume they need?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 2 — PRACTICE

Listen for What Is Underneath

One Better Choice
In one important conversation, ask: “Do you want me to listen, help you think it through, or help you solve it?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will listen long enough to understand before deciding how to respond.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 3

My Tone Is Part of the Message

Today's Scripture

"A gentle answer turns away wrath, but a harsh word stirs up anger."
— Proverbs 15:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Does my tone support the message I am trying to communicate?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 3 — PRACTICE

My Tone Is Part of the Message

One Better Choice

Before one difficult conversation, deliberately lower your pace and volume. Say what needs saying without adding unnecessary sharpness.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will take responsibility for how I deliver the truth, not only for the words I choose.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 4

Boundaries Protect Love

Today's Scripture
"Simply let your 'Yes' be 'Yes,' and your 'No,' 'No.'"
— Matthew 5:37, BSB

What stood out to me in today's devotional?

A Question to Carry
Where am I blaming somebody for crossing a line I have never clearly communicated?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 4 — PRACTICE

Boundaries Protect Love

One Better Choice

Identify one place where resentment may be signalling an unspoken or poorly maintained boundary. State the boundary clearly and respectfully.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will use clear boundaries to protect honesty and love.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 5

Own My Side of the Street

Today's Scripture

"Why do you look at the speck in your brother's eye but fail to notice the beam in your own eye?"

— Matthew 7:3, BSB

What stood out to me in today's devotional?

A Question to Carry

What belongs to me in this situation even if the other person never owns their part?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 5 — PRACTICE

Own My Side of the Street

One Better Choice

In one conflict, write down only your behaviour and choices. Identify one thing you can repair without requiring the other person to go first.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will take responsibility for my side without taking responsibility for everything.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 6

Apology Needs Action

Today's Scripture
"Produce fruit, then, in keeping with repentance."
— Matthew 3:8, BSB

What stood out to me in today's devotional?

A Question to Carry
If somebody could not hear my apology but could only watch my behaviour, would they know I meant it?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 6 — PRACTICE

Apology Needs Action

One Better Choice

Take one apology you have already made and identify the behavioural change that should accompany it. Practise that change today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make my apologies visible through changed behaviour.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 7

Reliability Is Love in Work Clothes

Today's Scripture

"Now it is required of stewards that they be found faithful."
— 1 Corinthians 4:2, BSB

What stood out to me in today's devotional?

A Question to Carry

Do the people I love have enough consistent evidence to trust what I say?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 7 — PRACTICE

Reliability Is Love in Work Clothes

One Better Choice

Keep one small promise today exactly as you said you would. If circumstances prevent it, communicate before the other person has to ask.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make love dependable through one kept commitment.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

June 1 – June 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

June 1 – June 7

JUNE 8

Love Does Not Need to Win

Today's Scripture

"Do nothing out of selfish ambition or empty pride, but in humility consider others more important than yourselves."

— Philippians 2:3, BSB

What stood out to me in today's devotional?

A Question to Carry

When disagreement becomes uncomfortable, do I seek understanding or victory?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 8 — PRACTICE

Love Does Not Need to Win

One Better Choice

During one disagreement, ask yourself: “What matters more right now—winning this point or understanding what needs to happen next?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will protect the relationship from my need to win.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 9

Before My Imagination Finishes the Story

Today's Scripture

"He who answers a matter before he hears it—this is folly and disgrace to him."
— Proverbs 18:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What story am I telling myself that I have never actually verified?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 9 — PRACTICE

Before My Imagination Finishes the Story

One Better Choice
Replace one assumption with a respectful question today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will ask for clarity before reacting to an assumption.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 10

Do Not Recruit a Third Person

Today's Scripture

"If your brother sins against you, go and confront him privately."
— Matthew 18:15, BSB

What stood out to me in today's devotional?

A Question to Carry

Who actually needs to hear what I am saying about this situation?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 10 — PRACTICE

Do Not Recruit a Third Person

One Better Choice

Before discussing a conflict with a third person, ask: “Am I seeking healthy counsel—or recruiting support for my side?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will practise direct communication instead of creating unnecessary triangles.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 11

A Boundary Is Not a Punishment

Today's Scripture

"If it is possible on your part, live at peace with everyone."
— Romans 12:18, BSB

What stood out to me in today's devotional?

A Question to Carry

Is this boundary protecting something important—or trying to make somebody pay?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 11 — PRACTICE

A Boundary Is Not a Punishment

One Better Choice
Review one boundary and remove any unnecessary threat, insult, revenge, or attempt to control the other person's response.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will use boundaries for protection and clarity, not punishment.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 12

Children Need Consistency More Than Speeches

Today's Scripture

"Little children, let us love not in word and speech, but in action and truth."
— 1 John 3:18, BSB

What stood out to me in today's devotional?

A Question to Carry

What are the children in my life learning from my repeated behaviour, not merely from my words?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 12 — PRACTICE

Children Need Consistency More Than Speeches

One Better Choice
Keep one small commitment to a child exactly as promised today—or communicate clearly if circumstances genuinely require a change.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make love trustworthy through consistency.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 13

I Cannot Control Their Relationship

Today's Scripture

"So then, each of us will give an account of himself to God."
— Romans 14:12, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I helping these people communicate—or becoming the place where they avoid communicating with each other?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 13 — PRACTICE

I Cannot Control Their Relationship

One Better Choice

Step out of one conversation that asks you to carry messages, take sides, or manage a relationship between two other capable adults.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will care without taking responsibility for relationships that are not mine to control.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 14

Repair What I Can

Today's Scripture

"If it is possible on your part, live at peace with everyone."
— Romans 12:18, BSB

What stood out to me in today's devotional?

A Question to Carry

What repair can I responsibly make even if I cannot control what happens afterward?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 14 — PRACTICE

Repair What I Can

One Better Choice

Identify one relationship where repair is possible and take one action that belongs entirely to you, without requiring a particular response.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will repair what I can and release the outcome I cannot control.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

June 8 – June 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

June 8 – June 14

JUNE 15

Forgiveness Does Not Erase Wisdom

Today's Scripture

"Be as shrewd as snakes and as innocent as doves."
— Matthew 10:16, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I holding this boundary because wisdom requires it—or because resentment still wants to punish?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 15 — PRACTICE

Forgiveness Does Not Erase Wisdom

One Better Choice
Identify one resentment you are willing to begin releasing while still keeping whatever healthy boundary the situation requires.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will pursue forgiveness without abandoning wisdom.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 16

Do Not Make Them Guess

Today's Scripture

"Each of you must put off falsehood and speak truthfully to his neighbor."
— Ephesians 4:25, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I expecting someone to know that I have never actually communicated?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 16 — PRACTICE

Do Not Make Them Guess

One Better Choice
Turn one unspoken expectation into a clear, respectful request.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will communicate instead of expecting people to read my mind.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 17

Let People Have Their Feelings

Today's Scripture

"Rejoice with those who rejoice; weep with those who weep."
— Romans 12:15, BSB

What stood out to me in today's devotional?

A Question to Carry

Can someone I love be disappointed, angry, or hurt around me without me immediately trying to change how they feel?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 17 — PRACTICE

Let People Have Their Feelings

One Better Choice

When someone expresses a difficult emotion, resist immediately explaining yourself. First acknowledge what they are experiencing.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make room for another person's feelings without taking control of them.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 18

My Children Are Not My Messengers

Today's Scripture

"Fathers, do not provoke your children, so they will not become discouraged."
— Colossians 3:21, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I asking a child to carry information or emotional weight that belongs between adults?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 18 — PRACTICE

My Children Are Not My Messengers

One Better Choice
Remove a child from one adult communication loop. Send the message directly to the adult who needs to receive it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will protect children from carrying adult conflict.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 19

Do Not Keep Score

Today's Scripture
"It keeps no account of wrongs."
— 1 Corinthians 13:5, BSB

What stood out to me in today's devotional?

A Question to Carry
What invisible scorecard am I carrying into this relationship?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 19 — PRACTICE

Do Not Keep Score

One Better Choice
Do one loving or helpful thing today without mentally adding it to what the other person now owes you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise love without keeping a hidden ledger.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 20

Respect Does Not Require Agreement

Today's Scripture

"If it is possible on your part, live at peace with everyone."
— Romans 12:18, BSB

What stood out to me in today's devotional?

A Question to Carry

Can I respect this person even if I cannot agree with their decision?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 20 — PRACTICE

Respect Does Not Require Agreement

One Better Choice

In one disagreement, state your position without attacking the other person's intelligence, motives, character, or right to choose.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow disagreement without turning it into disrespect.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 21

Love Leaves Room to Grow

Today's Scripture
"Love is patient, love is kind."
— 1 Corinthians 13:4, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I giving the people I love enough room to grow—or only reminding them how far they still have to go?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 21 — PRACTICE

Love Leaves Room to Grow

One Better Choice
Notice and acknowledge one genuine improvement in someone you love instead of focusing only on what still needs work.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will encourage genuine growth without demanding perfection.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

June 15 – June 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

June 15 – June 21

JUNE 22

I Can Love Without Rescuing

Today's Scripture

"For each one should carry his own load."
— Galatians 6:5, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I helping this person become stronger—or helping them avoid a responsibility they need to face?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 22 — PRACTICE

I Can Love Without Rescuing

One Better Choice

Before stepping in to solve someone's problem, ask: "Is this mine to carry, theirs to carry, or something we can appropriately carry together?"

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will love people without taking responsibility for choices that belong to them.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 23

Be Careful with the Story I Tell

Today's Scripture

"A gossip reveals a secret, but a trustworthy person keeps a confidence."
— Proverbs 11:13, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I telling this story to understand what happened—or to make sure everyone agrees with me?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 23 — PRACTICE

Be Careful with the Story I Tell

One Better Choice

When describing a conflict, include one honest detail about your own behaviour or limitation instead of telling only the part that supports your position.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will tell the truth without turning another person into a character in my case.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 24

Repair Is Built Slowly

Today's Scripture

"Whoever is faithful with very little will also be faithful with much."
— Luke 16:10, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I asking for trust faster than I am providing evidence that supports it?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 24 — PRACTICE

Repair Is Built Slowly

One Better Choice

Instead of asking someone to trust your intentions, give them one small piece of trustworthy behaviour today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will build repair through consistency rather than demanding immediate trust.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 25

Let No Be No

Today's Scripture
"Simply let your 'Yes' be 'Yes,' and your 'No,' 'No.'"
— Matthew 5:37, BSB

What stood out to me in today's devotional?

A Question to Carry
Do I respect another person's boundary as readily as I want them to respect mine?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 25 — PRACTICE

Let No Be No

One Better Choice

When someone gives you a clear no today, resist trying to persuade them unless new information genuinely needs clarification.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will respect another person's no without turning my disappointment into pressure.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 26

Make Room for Joy

Today's Scripture
"A joyful heart is good medicine."
— Proverbs 17:22, BSB

What stood out to me in today's devotional?

A Question to Carry
Have I become so focused on fixing relationships that I have forgotten to enjoy them?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 26 — PRACTICE

Make Room for Joy

One Better Choice

Create one moment with someone you love today whose only purpose is connection or enjoyment.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make room for joy without needing to turn it into something productive.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 27

Keep Adult Problems with Adults

Today's Scripture
"Fathers, do not provoke your children to wrath."
— Ephesians 6:4, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I sharing this because the child genuinely needs to know—or because I need somebody to hear how I feel?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 27 — PRACTICE

Keep Adult Problems with Adults

One Better Choice
Move one adult concern away from a child and toward an appropriate adult support.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will protect children from emotional burdens that belong with adults.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JUNE 28

Presence After Conflict

Today's Scripture
"Do not let the sun set upon your anger."
— Ephesians 4:26, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I taking healthy space—or using absence to make another person feel the pain of my anger?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 28 — PRACTICE

Presence After Conflict

One Better Choice
If you need space after conflict, communicate when or how you intend to reconnect.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will use space for regulation, not punishment, and I will leave a path back to communication.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

June 22 – June 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

June 22 – June 28

JUNE 29

Family Roles Can Change

Today's Scripture

"To everything there is a season, and a time for every purpose under heaven."
— Ecclesiastes 3:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I relating to this person as they are today—or as the person I remember them being?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 29 — PRACTICE

Family Roles Can Change

One Better Choice

Identify one family relationship that has changed and adjust one expectation or behaviour to fit the present rather than the past.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow family relationships to grow instead of forcing them to remain in old roles.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JUNE 30

Responsibility Is Love Made Visible

Today's Scripture

"Let us love not in word and speech, but in action and truth."
— 1 John 3:18, BSB

What stood out to me in today's devotional?

A Question to Carry

If the people I love could judge my love only by my repeated behaviour, what would that behaviour tell them?

Where does this show up in my life right now?

Reflection / Journal / Notes

JUNE 30 — PRACTICE

Responsibility Is Love Made Visible

One Better Choice

Choose one relationship and ask: “What would responsible love look like from me today?” Then do that one thing.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will make love visible through responsibility.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

June 29 – June 30

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

June 29 – June 30

MONTH IN REVIEW

June

Relationships, Family, and Responsibility

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

June — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

July

Grief, Forgiveness, and Acceptance

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

JULY — INTENTIONS

What do I hope God will grow in me this month?

Notes

JULY 1

Bring the Whole Truth With You

Today's Scripture

"Come to Me, all you who are weary and burdened, and I will give you rest."
— Matthew 11:28, BSB

What stood out to me in today's devotional?

A Question to Carry

What becomes possible when I stop judging where I am and simply begin from here?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 1 — PRACTICE

Bring the Whole Truth With You

One Better Choice
Name honestly what you are carrying into July and identify one need that deserves attention today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will begin where I am, not where shame says I should be.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 2

Grief Is Not a Competition

Today's Scripture
"Blessed are those who mourn, for they will be comforted."
— Matthew 5:4, BSB

What stood out to me in today's devotional?

A Question to Carry
What pain have I refused to honour because somebody else appeared to have suffered more?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 2 — PRACTICE

Grief Is Not a Competition

One Better Choice
Stop comparing one real pain with somebody else's story and give your own pain an honest name.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will respect my pain without making it a contest.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 3

Love Can Hurt and Still Be Love

Today's Scripture
"Mighty waters cannot quench love."
— Song of Solomon 8:7, BSB

What stood out to me in today's devotional?

A Question to Carry
What part of the person I miss still lives through the way I choose to love and live today?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 3 — PRACTICE

Love Can Hurt and Still Be Love

One Better Choice
Recall one way a person you miss changed your life for the better, and allow that memory to remain a gift as well as a loss.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will not call love a mistake simply because love can hurt.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 4

I Do Not Have to Run From Conflict

Today's Scripture

"A gentle answer turns away wrath, but a harsh word stirs up anger."
— Proverbs 15:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I protecting genuine safety—or running from discomfort that needs an honest conversation?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 4 — PRACTICE

I Do Not Have to Run From Conflict

One Better Choice
Identify one safe, necessary conversation you have been avoiding and take one calm step toward it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will face conflict with honesty instead of automatically running from it.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 5

Let the Tears Tell the Truth

Today's Scripture

"You have taken account of my wanderings. Put my tears in Your bottle."
— Psalm 56:8, BSB

What stood out to me in today's devotional?

A Question to Carry

What feeling am I trying to contain because I have mistaken emotional honesty for weakness?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 5 — PRACTICE

Let the Tears Tell the Truth

One Better Choice
Give yourself a private, safe moment to feel something you have been holding back without judging the form it takes.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will allow honest emotion without confusing it with weakness.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 6

Acceptance Does Not Mean I Am Finished

Today's Scripture

"To everything there is a season … a time to weep and a time to laugh, a time to mourn and a time to dance."

— Ecclesiastes 3:1,4, BSB

What stood out to me in today's devotional?

A Question to Carry

What energy might become available for living if I stopped demanding that this reality be different today?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 6 — PRACTICE

Acceptance Does Not Mean I Am Finished

One Better Choice

Name one reality you need to accept again today and one action that becomes possible when you stop arguing with it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will practise acceptance again without demanding that grief be finished.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 7

The Calendar Remembers

Today's Scripture
"I remember the days of old; I meditate on all Your works."
— Psalm 143:5, BSB

What stood out to me in today's devotional?

A Question to Carry
What date does my heart remember, and how can I meet it with preparation instead of surprise?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 7 — PRACTICE

The Calendar Remembers

One Better Choice

Notice whether an approaching date is affecting you and make one supportive plan before it arrives.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will respect what the calendar carries and prepare with compassion.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

July 1 – July 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

July 1 – July 7

JULY 8

Some Days Need Less From Me

Today's Scripture
"For He knows our frame; He is mindful that we are dust."
— Psalm 103:14, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I expecting ordinary-day performance from myself on a day carrying extraordinary emotional weight?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 8 — PRACTICE

Some Days Need Less From Me

One Better Choice

Separate today's responsibilities into: Must happen. Can wait. Then give yourself permission to let one nonessential thing wait.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will do what needs doing without demanding more from myself than this day requires.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 9

Anger Is Information, Not Permission

Today's Scripture
"Be angry, yet do not sin."
— Ephesians 4:26, BSB

What stood out to me in today's devotional?

A Question to Carry
What is my anger trying to tell me, and what responsible action actually belongs to that information?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 9 — PRACTICE

Anger Is Information, Not Permission

One Better Choice
When anger rises today, identify what it may be protecting before acting on it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will listen to anger without handing it control of my behaviour.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 10

Change the Behaviour, Not the Label

Today's Scripture

"Be transformed by the renewing of your mind."
— Romans 12:2, BSB

What stood out to me in today's devotional?

A Question to Carry

What becomes changeable when I stop calling the behaviour my identity?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 10 — PRACTICE

Change the Behaviour, Not the Label

One Better Choice

Replace one negative identity label with a specific behaviour you can actually work on.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will name the behaviour honestly and work on changing it without turning it into my identity.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 11

Faith Can Hold My Questions

Today's Scripture
"I do believe; help my unbelief!"
— Mark 9:24, BSB

What stood out to me in today's devotional?

A Question to Carry
What question have I been afraid to bring honestly before God?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 11 — PRACTICE

Faith Can Hold My Questions

One Better Choice
Bring one unanswered question directly into prayer without forcing yourself to manufacture an answer.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let faith hold the questions I cannot answer.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 12

A Tolerable Day Is Enough

Today's Scripture
"Today has enough trouble of its own."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry
What if today's success is not thriving, but simply moving through the day without abandoning myself?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 12 — PRACTICE

A Tolerable Day Is Enough

One Better Choice
Choose three basic things that would make today sufficiently cared for and let that be enough.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will allow a tolerable day to be enough.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 13

Prepare Gently for Tomorrow

Today's Scripture
"Carry one another's burdens."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry
What can I put in place today that will help tomorrow feel less lonely or overwhelming?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 13 — PRACTICE

Prepare Gently for Tomorrow

One Better Choice
If tomorrow may be emotionally difficult, make one practical support arrangement today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will prepare gently for what tomorrow may carry.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 14

Forgiveness Without Denial

Today's Scripture
"Forgive as the Lord forgave you."
— Colossians 3:13, BSB

What stood out to me in today's devotional?

A Question to Carry
What would forgiveness look like if I did not confuse it with forgetting, excusing, trusting, or returning?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 14 — PRACTICE

Forgiveness Without Denial

One Better Choice
Name one thing forgiveness does not require you to deny and one burden you would like to begin releasing.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will consider forgiveness without asking myself to deny the truth.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

July 8 – July 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

July 8 – July 14

JULY 15

Forgiveness Is Not Trust

Today's Scripture

"Be as shrewd as snakes and as innocent as doves."
— Matthew 10:16, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I confusing forgiveness with an obligation to trust someone before trust has been rebuilt?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 15 — PRACTICE

Forgiveness Is Not Trust

One Better Choice

Separate forgiveness from trust in one relationship. Ask what evidence would actually be required for trust to grow.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will pursue forgiveness while allowing trust to be rebuilt through evidence.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 16

Release the Need for an Apology

Today's Scripture

"If it is possible on your part, live at peace with everyone."
— Romans 12:18, BSB

What stood out to me in today's devotional?

A Question to Carry

What part of my healing have I placed in the hands of someone who may never take responsibility?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 16 — PRACTICE

Release the Need for an Apology

One Better Choice

Identify one apology you have been waiting for and say: “I may deserve this apology, but my healing does not have to wait for it.”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will stop making another person’s apology a requirement for my continued healing.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 17

Forgiving Myself

Today's Scripture

"Therefore, there is now no condemnation for those who are in Christ Jesus."
— Romans 8:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I still punishing myself for something God is asking me to learn from and live beyond?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 17 — PRACTICE

Forgiving Myself

One Better Choice

Name one regret and identify the lesson or changed behaviour that allows the regret to become useful rather than merely punishing.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will practise accountability without condemning myself to remain the person I used to be.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 18

Some Things Cannot Be Repaired

Today's Scripture

"To everything there is a season … a time to search and a time to count as lost."
— Ecclesiastes 3:1,6, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I exhausting myself trying to repair that may need to be grieved and accepted instead?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 18 — PRACTICE

Some Things Cannot Be Repaired

One Better Choice
Identify one thing you cannot repair and redirect your energy toward something that is still possible to build, restore, or protect.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will grieve what cannot be repaired and invest in what can still be built.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 19

I Can Miss Them and Keep Living

Today's Scripture
"To live is Christ, and to die is gain."
— Philippians 1:21, BSB

What stood out to me in today's devotional?

A Question to Carry
Have I mistaken continued suffering for proof that my love was real?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 19 — PRACTICE

I Can Miss Them and Keep Living

One Better Choice

Allow yourself one moment of genuine enjoyment today without apologizing internally for experiencing it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow myself to live without believing that living means I have forgotten.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 20

Release the Conversation I Cannot Have

Today's Scripture

"Cast all your anxiety on Him, because He cares for you."
— 1 Peter 5:7, BSB

What stood out to me in today's devotional?

A Question to Carry

What conversation am I repeatedly rehearsing because my heart has never been given another place to put it?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 20 — PRACTICE

Release the Conversation I Cannot Have

One Better Choice

Write down one thing you wish you could say to someone you cannot appropriately speak with now. Then bring those words into prayer.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will give the unsaid words somewhere safe to go and begin releasing the conversation I cannot have.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 21

Carry the Love Forward

Today's Scripture
"We love because He first loved us."
— 1 John 4:19, BSB

What stood out to me in today's devotional?

A Question to Carry
What was given to me through love that I now have the opportunity to give away?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 21 — PRACTICE

Carry the Love Forward

One Better Choice
Identify one quality, lesson, or act of love you received from someone important to you and deliberately pass a version of it to another person.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will honour love by carrying something good from it forward.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

July 15 – July 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

July 15 – July 21

JULY 22

Old Comforts Still Make Old Problems

Today's Scripture

"Everything is permissible for me … but not everything is beneficial."
— 1 Corinthians 6:12, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I looking for relief that helps me heal—or relief that recreates yesterday's problems?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 22 — PRACTICE

Old Comforts Still Make Old Problems

One Better Choice

When discomfort rises, delay the old response and use one healthy source of support before making a major decision.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will choose support that helps tomorrow instead of relief that recreates yesterday.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 23

Surrender Is Daily

Today's Scripture
"Cast all your anxiety on Him, because He cares for you."
— 1 Peter 5:7, BSB

What stood out to me in today's devotional?

A Question to Carry
What have I surrendered with my words but continued trying to control with my behaviour?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 23 — PRACTICE

Surrender Is Daily

One Better Choice
Identify one burden you have taken back. Do your part, ask for help if needed, and release the outcome again.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will surrender again without calling repetition a failure.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 24

Protect Without Controlling

Today's Scripture

"There is no fear in love, but perfect love drives out fear."
— 1 John 4:18, BSB

What stood out to me in today's devotional?

A Question to Carry

Where has my fear of another loss begun disguising itself as responsibility?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 24 — PRACTICE

Protect Without Controlling

One Better Choice

Ask whether one protective action is truly your responsibility or an attempt to manage fear through control.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will protect where responsibility requires it and release control where it does not.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 25

Release the Plan, Keep the Purpose

Today's Scripture

"A man's heart plans his course, but the LORD determines his steps."
— Proverbs 16:9, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I grieving the loss of the purpose—or only the loss of the route I expected to take?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 25 — PRACTICE

Release the Plan, Keep the Purpose

One Better Choice
Identify one plan that no longer fits and name the deeper purpose you can continue through another route.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will release a rigid plan without abandoning a meaningful purpose.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 26

Simple Does Not Mean Easy

Today's Scripture
"Be doers of the word, and not hearers only."
— James 1:22, BSB

What stood out to me in today's devotional?

A Question to Carry
What clear action am I avoiding by making the situation more complicated than it needs to be?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 26 — PRACTICE

Simple Does Not Mean Easy

One Better Choice
Choose one simple recovery or life principle you already know and apply it before creating another explanation.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will respect the difficulty without complicating the next clear step.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 27

Do Not Leave the Forest for the Mosquitoes

Today's Scripture
"He who is slow to anger is better than a warrior."
— Proverbs 16:32, BSB

What stood out to me in today's devotional?

A Question to Carry
Is this problem truly large enough to justify the decision I am considering?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 27 — PRACTICE

Do Not Leave the Forest for the Mosquitoes

One Better Choice
Evaluate one irritation by its actual size before making a decision that affects something important.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will not let a small discomfort make a large decision for me.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 28

Let People Be Who They Are

Today's Scripture

"So then, each of us will give an account of himself to God."
— Romans 14:12, BSB

What stood out to me in today's devotional?

A Question to Carry

What would change if I stopped trying to make this person different and instead decided responsibly how I will relate to who they actually are?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 28 — PRACTICE

Let People Be Who They Are

One Better Choice

Notice one person you are trying to redesign and replace pressure with a clear request, boundary, or acceptance.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow others to be themselves while remaining responsible for my own choices.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

July 22 – July 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

July 22 – July 28

JULY 29

Speak the Truth Without Cruelty

Today's Scripture
"Speaking the truth in love."
— Ephesians 4:15, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I speaking this truth to create clarity—or to make sure the other person hurts too?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 29 — PRACTICE

Speak the Truth Without Cruelty

One Better Choice

Prepare one honest statement using specific behaviour and effect, removing insults, exaggeration, and hidden punishment.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will tell the truth in a form that protects both clarity and dignity.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

JULY 30

Resilience Is Returning

Today's Scripture

"For though a righteous man may fall seven times, he still gets up."
— Proverbs 24:16, BSB

What stood out to me in today's devotional?

A Question to Carry

What healthy place, person, practice, or responsibility is asking me simply to return?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 30 — PRACTICE

Resilience Is Returning

One Better Choice
Return to one life-giving practice you have neglected, even if the return feels small or imperfect.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will define resilience by my willingness to return.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

JULY 31

Carry Love Into August

Today's Scripture
"Do everything in love."
— 1 Corinthians 16:14, BSB

What stood out to me in today's devotional?

A Question to Carry
What did July teach me that I do not want the turning of the calendar to make me forget?

Where does this show up in my life right now?

Reflection / Journal / Notes

JULY 31 — PRACTICE

Carry Love Into August

One Better Choice
Choose one July practice you will carry into August and write when, where, and how you will use it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will carry love, truth, and one better choice into the month ahead.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

July 29 – July 31

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

July 29 – July 31

MONTH IN REVIEW

July

Grief, Forgiveness, and Acceptance

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

July — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

August

Communication, Boundaries, and Reactions

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

AUGUST 1

The Pause Belongs to Me

Today's Scripture
"A patient man has great understanding."
— Proverbs 14:29, BSB

What stood out to me in today's devotional?

A Question to Carry
What becomes possible when I stop treating every feeling as an instruction to act immediately?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 1 — PRACTICE

The Pause Belongs to Me

One Better Choice
When you feel yourself becoming emotionally activated today, wait before responding—even if the pause is only ten seconds.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will protect the space between what happens and what I do next.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 2

Not Every Thought Needs a Voice

Today's Scripture

"When words are many, sin is unavoidable, but he who restrains his lips is wise."
— Proverbs 10:19, BSB

What stood out to me in today's devotional?

A Question to Carry

How many problems could I prevent by allowing some thoughts to remain thoughts?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 2 — PRACTICE

Not Every Thought Needs a Voice

One Better Choice

Before saying something sharp today, ask: “Does this need to be said, and will the way I am about to say it help?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will remember that having a thought does not obligate me to speak it.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 3

Read It Again Before Sending

Today's Scripture

"Do you see a man who speaks in haste? There is more hope for a fool than for him."

— Proverbs 29:20, BSB

What stood out to me in today's devotional?

A Question to Carry

Would I still send these exact words if I knew I could never explain them afterward?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 3 — PRACTICE

Read It Again Before Sending

One Better Choice

For any emotionally charged message today, write it, read it again, and wait before sending.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will give important messages enough time to become communication instead of reaction.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 4

Ask What I Know for Sure

Today's Scripture

"He who answers a matter before he hears it—this is folly and disgrace to him."
— Proverbs 18:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What part of this situation do I actually know for sure?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 4 — PRACTICE

Ask What I Know for Sure

One Better Choice

Separate one upsetting situation into two columns in your mind: What I know. What I am assuming.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will seek information before turning assumptions into conclusions.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 5

A Boundary Needs My Behaviour

Today's Scripture
"Simply let your 'Yes' be 'Yes,' and your 'No,' 'No.'"
— Matthew 5:37, BSB

What stood out to me in today's devotional?

A Question to Carry
Does my boundary describe another person's behaviour—or my responsible response to it?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 5 — PRACTICE

A Boundary Needs My Behaviour

One Better Choice
Take one boundary and rewrite it around what you will do, rather than what another person must do.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make my boundaries clear through my own behaviour.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 6

I Can Lower the Temperature

Today's Scripture
"A gentle answer turns away wrath."
— Proverbs 15:1, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I trying to resolve this conflict—or matching the behaviour that is making it worse?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 6 — PRACTICE

I Can Lower the Temperature

One Better Choice
When another person's intensity rises, deliberately lower your own pace and volume rather than matching theirs.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will refuse to add unnecessary heat to an already difficult moment.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 7

Respond to the Issue, Not the Person

Today's Scripture

"Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need."

— Ephesians 4:29, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I addressing what happened—or attacking who I believe this person is?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 7 — PRACTICE

Respond to the Issue, Not the Person

One Better Choice
During one difficult conversation, describe the specific behaviour and its effect without assigning a negative identity to the person.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will speak about behaviour without turning people into labels.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

August 1 – August 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

August 1 – August 7

AUGUST 8

Listen for Understanding

Today's Scripture

"He who answers a matter before he hears it—this is folly and disgrace to him."
— Proverbs 18:13, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I listening to understand—or listening for the opening where I can defend myself?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 8 — PRACTICE

Listen for Understanding

One Better Choice

In one conversation today, summarize what you heard before giving your response: "What I hear you saying is…" Then let them correct you if necessary.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will listen long enough to understand before asking to be understood.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 9

Defensiveness Can Hide the Lesson

Today's Scripture

"The way of a fool is right in his own eyes, but a wise man listens to counsel."
— Proverbs 12:15, BSB

What stood out to me in today's devotional?

A Question to Carry

What lesson might defensiveness be preventing me from seeing?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 9 — PRACTICE

Defensiveness Can Hide the Lesson

One Better Choice

When receiving correction today, delay your explanation long enough to ask: "What part of this might be useful for me to hear?"

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will examine correction before automatically defending myself against it.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 10

Difficult Does Not Mean Disrespectful

Today's Scripture
"Speaking the truth in love."
— Ephesians 4:15, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I be completely clear without becoming unnecessarily cruel?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 10 — PRACTICE

Difficult Does Not Mean Disrespectful

One Better Choice
Before a difficult conversation, reduce your message to: What happened. What effect it had. What needs to happen next.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will choose directness without disrespect.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 11

I Do Not Have to Attend Every Argument

Today's Scripture

"To start a quarrel is to release a flood; so abandon the dispute before it breaks out."

— Proverbs 17:14, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I continuing this conversation because something can still be resolved—or because I cannot tolerate not having the last word?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 11 — PRACTICE

I Do Not Have to Attend Every Argument

One Better Choice
Before continuing an argument, ask: “Is anything useful still happening here?” If the answer is no, disengage respectfully.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will not attend every argument I am invited into.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 12

A Reaction Can Become a Repair

Today's Scripture
"Confess your sins to each other."
— James 5:16, BSB

What stood out to me in today's devotional?

A Question to Carry
When I get something wrong, how quickly am I willing to return and take responsibility?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 12 — PRACTICE

A Reaction Can Become a Repair

One Better Choice
If you react poorly today, repair it as soon as reasonably possible instead of waiting for pride to make the distance larger.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, if my reaction causes harm, I will turn toward repair instead of defence.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 13

Do Not Borrow Trouble From Tomorrow

Today's Scripture

"Therefore do not worry about tomorrow, for tomorrow will worry about itself."
— Matthew 6:34, BSB

What stood out to me in today's devotional?

A Question to Carry

How much emotional energy am I spending responding to things that have not actually happened?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 13 — PRACTICE

Do Not Borrow Trouble From Tomorrow

One Better Choice

When you notice yourself rehearsing a future conflict, ask: “Is there something useful I can do now?” If yes, do it. If not, return your attention to today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will prepare responsibly without living tomorrow’s trouble twice.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 14

Peace Does Not Require Their Agreement

Today's Scripture

"If it is possible on your part, live at peace with everyone."
— Romans 12:18, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I seeking understanding—or trying to control whether another person agrees with me?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 14 — PRACTICE

Peace Does Not Require Their Agreement

One Better Choice
In one disagreement, stop explaining once you have communicated clearly enough to be understood. Allow the other person to have their own response.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will communicate clearly and release my need to control the response.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

August 8 – August 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

August 8 – August 14

AUGUST 15

Tired Is a Dangerous Time to Talk

Today's Scripture

"Like a city whose walls are broken down is a man who does not control his temper."

— Proverbs 25:28, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I continuing this conversation because it needs to happen now—or because I cannot tolerate leaving something unresolved?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 15 — PRACTICE

Tired Is a Dangerous Time to Talk

One Better Choice

If an important conversation begins when you are exhausted, ask whether it genuinely needs resolution tonight. If not, agree on a time to return to it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will respect the effect exhaustion has on my reactions and choose timing wisely.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 16

I Am Responsible for My Words, Not Their Every Feeling

Today's Scripture
"So then, each of us will give an account of himself to God."
— Romans 14:12, BSB

What stood out to me in today's devotional?

A Question to Carry
Where does compassion end and responsibility for another person's emotions begin?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 16 — PRACTICE

I Am Responsible for My Words, Not Their Every Feeling

One Better Choice

When someone reacts strongly to a decision or boundary, ask: “Is there something about my behaviour I need to repair, or am I trying to take responsibility for their response?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will care about other people’s feelings without assuming ownership of every feeling they have.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 17

Explain Once, Then Let It Stand

Today's Scripture
"Simply let your 'Yes' be 'Yes,' and your 'No,' 'No.'"
— Matthew 5:37, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I explaining because clarity is needed—or because I need the other person to approve of what I said?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 17 — PRACTICE

Explain Once, Then Let It Stand

One Better Choice

In one conversation today, communicate your point clearly and resist adding another explanation merely because silence feels uncomfortable.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will communicate clearly without using endless explanation to chase approval.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 18

Curiosity Can Interrupt Anger

Today's Scripture

"The heart of the discerning acquires knowledge, and the ear of the wise seeks it out."

— Proverbs 18:15, BSB

What stood out to me in today's devotional?

A Question to Carry

What might I discover if I became curious before becoming certain?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 18 — PRACTICE

Curiosity Can Interrupt Anger

One Better Choice
Replace one angry conclusion with one genuine question.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will use curiosity to create space between anger and judgment.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 19

A Boundary Can Change

Today's Scripture

"To everything there is a season, and a time for every purpose under heaven."
— Ecclesiastes 3:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Is this boundary responding to present reality—or only to something that happened in the past?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 19 — PRACTICE

A Boundary Can Change

One Better Choice

Review one existing boundary and ask whether current evidence supports maintaining it, strengthening it, or carefully adjusting it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will let wisdom—not fear, guilt, or pressure—guide my boundaries.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 20

Wrong, and Willing to Say So

Today's Scripture

"Let the wise listen and gain instruction."
— Proverbs 1:5, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I holding this position because it remains true—or because admitting I was wrong feels uncomfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 20 — PRACTICE

Wrong, and Willing to Say So

One Better Choice
When new information challenges something you believe today, examine it before automatically defending your original position.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will allow better information to produce a better decision.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 21

Do Not Let One Moment Define the Whole Relationship

Today's Scripture
"It bears all things, believes all things, hopes all things, endures all things."
— 1 Corinthians 13:7, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I accurately responding to what happened—or allowing one painful moment to rewrite the whole relationship?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 21 — PRACTICE

Do Not Let One Moment Define the Whole Relationship

One Better Choice
When frustrated with someone today, deliberately ask whether you are responding to this specific event or an established pattern.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will respond to moments as moments and patterns as patterns.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

August 15 – August 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

August 15 – August 21

AUGUST 22

Silence Is Not Always Peace

Today's Scripture

"The wounds of a friend are faithful, but the kisses of an enemy are deceitful."
— Proverbs 27:6, BSB

What stood out to me in today's devotional?

A Question to Carry

Is my silence creating peace—or merely postponing an important conversation?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 22 — PRACTICE

Silence Is Not Always Peace

One Better Choice
Identify one thing you have been avoiding and decide whether wisdom says release it or address it respectfully.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will not confuse avoidance with peace.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 23

Not Everything Deserves My Energy

Today's Scripture

"A man's insight gives him patience, and his virtue is to overlook an offense."
— Proverbs 19:11, BSB

What stood out to me in today's devotional?

A Question to Carry

What important part of my life is receiving less energy because I am spending too much on things that do not matter?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 23 — PRACTICE

Not Everything Deserves My Energy

One Better Choice

Before responding to an irritation, ask: “Will this still matter a week from now?” If probably not, consider releasing it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will spend my energy according to my values, not according to every irritation that asks for it.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 24

Say What I Mean Without Making Them Pay

Today's Scripture

"Get rid of all bitterness, rage and anger, outcry and slander."
— Ephesians 4:31, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I trying to communicate the truth—or make sure the other person hurts while hearing it?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 24 — PRACTICE

Say What I Mean Without Making Them Pay

One Better Choice

Remove one sarcastic, insulting, or punishing sentence from something you need to communicate. Say the important part plainly.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will say what I mean without adding punishment to the message.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 25

A Request Is Not a Demand

Today's Scripture

"Each of you should look not only to your own interests, but also to the interests of others."

— Philippians 2:4, BSB

What stood out to me in today's devotional?

A Question to Carry

If no is not an acceptable answer, am I actually making a request?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 25 — PRACTICE

A Request Is Not a Demand

One Better Choice
Make one request clearly today while consciously leaving the other person room to answer honestly.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will ask clearly without disguising control as a request.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 26

Stop Rehearsing the Argument

Today's Scripture
"Get rid of all … outcry and slander."
— Ephesians 4:31, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I learning from this conversation—or simply reliving it?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 26 — PRACTICE

Stop Rehearsing the Argument

One Better Choice
When you catch yourself replaying an argument, identify one lesson or action. Then deliberately redirect your attention.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will take the lesson from conflict without carrying the argument all day.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 27

My Boundary Does Not Need a Jury

Today's Scripture
"For each one should carry his own load."
— Galatians 6:5, BSB

What stood out to me in today's devotional?

A Question to Carry
Do I need wisdom about this boundary—or an audience to approve it?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 27 — PRACTICE

My Boundary Does Not Need a Jury

One Better Choice
Before explaining a boundary to another person, ask whether you genuinely need counsel or simply want validation.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will seek wisdom without turning my boundaries into a public vote.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 28

Do Not Answer the Tone and Miss the Message

Today's Scripture

"He who listens to life-giving reproof will dwell among the wise."
— Proverbs 15:31, BSB

What stood out to me in today's devotional?

A Question to Carry

What truth might I miss if I reject every message delivered imperfectly?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 28 — PRACTICE

Do Not Answer the Tone and Miss the Message

One Better Choice

When feedback arrives badly, separate two questions: Was the delivery appropriate? Is there anything useful in the message?

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will evaluate both the delivery and the message instead of confusing one with the other.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

August 22 – August 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

August 22 – August 28

AUGUST 29

Some Conversations Need a Witness

Today's Scripture
"With many counselors comes deliverance."
— Proverbs 11:14, BSB

What stood out to me in today's devotional?

A Question to Carry
Do we need another person to take a side—or do we need someone who can help us communicate responsibly?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 29 — PRACTICE

Some Conversations Need a Witness

One Better Choice

If a conversation repeatedly becomes destructive, consider whether a neutral, appropriate person could help create structure and accountability.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will recognize when responsible support is wiser than another unproductive private argument.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

AUGUST 30

My Reaction Is Part of My Testimony

Today's Scripture

"Let your light shine before men, that they may see your good deeds."
— Matthew 5:16, BSB

What stood out to me in today's devotional?

A Question to Carry

If my reactions told the story of my growth without any explanation from me, what story would they tell?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 30 — PRACTICE

My Reaction Is Part of My Testimony

One Better Choice
Choose one reaction today that reflects the person you are becoming rather than the reaction that once came automatically.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let my response become evidence of the work happening inside me.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

AUGUST 31

The Space Where Change Happens

Today's Scripture

"He who is slow to anger is better than a warrior, and he who controls his temper is greater than one who captures a city."

— Proverbs 16:32, BSB

What stood out to me in today's devotional?

A Question to Carry

What becomes possible when I remember that my first reaction does not have to become my final response?

Where does this show up in my life right now?

Reflection / Journal / Notes

AUGUST 31 — PRACTICE

The Space Where Change Happens

One Better Choice

Before August ends, choose one communication practice from this month that you want to deliberately carry forward. Write it somewhere you will see it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will protect the space where reaction becomes choice and choice becomes change.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

August 29 – August 31

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

August 29 – August 31

MONTH IN REVIEW

August

Communication, Boundaries, and Reactions

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

August — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

September

Responsibility, Consistency, and Follow-Through

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

SEPTEMBER — INTENTIONS

What do I hope God will grow in me this month?

Notes

SEPTEMBER 1

Do What I Said I Would Do

Today's Scripture

"Simply let your 'Yes' be 'Yes,' and your 'No,' 'No.'"
— Matthew 5:37, BSB

What stood out to me in today's devotional?

A Question to Carry

If people judged the reliability of my words only by my follow-through, what would they learn?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 1 — PRACTICE

Do What I Said I Would Do

One Better Choice
Choose one thing you said you would do and either complete it today or communicate honestly about why you cannot.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will treat my word as something worth protecting.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 2

Consistency Beats Intensity

Today's Scripture

"Let us not grow weary in well-doing, for in due time we will reap a harvest if we do not give up."

— Galatians 6:9, BSB

What stood out to me in today's devotional?

A Question to Carry

Where am I relying on motivation when what I really need is consistency?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 2 — PRACTICE

Consistency Beats Intensity

One Better Choice
Choose one important practice and make today's version small enough that you can actually complete it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will choose sustainable progress over temporary intensity.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 3

My Routine Protects What Matters

Today's Scripture

"But everything must be done in a proper and orderly manner."
— 1 Corinthians 14:40, BSB

What stood out to me in today's devotional?

A Question to Carry

What do I say matters deeply but repeatedly leave unprotected in my schedule?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 3 — PRACTICE

My Routine Protects What Matters

One Better Choice
Put one important but easily neglected part of your life into a specific place in your routine.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give what matters a place in the way I actually live.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 4

Finish the Small Thing

Today's Scripture

"Whatever you find to do with your hands, do it with all your might."
— Ecclesiastes 9:10, BSB

What stood out to me in today's devotional?

A Question to Carry

What small unfinished thing is consuming more mental energy than completing it would require?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 4 — PRACTICE

Finish the Small Thing

One Better Choice
Choose one unfinished task that can reasonably be completed today and finish it before adding another task.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will finish one thing instead of thinking about ten.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 5

Responsibility Is Not Blame

Today's Scripture
"For each one should carry his own load."
— Galatians 6:5, BSB

What stood out to me in today's devotional?

A Question to Carry
What becomes possible when I separate responsibility from blame?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 5 — PRACTICE

Responsibility Is Not Blame

One Better Choice
In one difficult situation, stop asking only “Whose fault was this?” and ask “What belongs to me now?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will own what belongs to me without carrying what does not.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 6

Return Quickly

Today's Scripture

"For though a righteous man may fall seven times, he still gets up."
— Proverbs 24:16, BSB

What stood out to me in today's devotional?

A Question to Carry

How much progress have I lost because I treated one interruption like permission to quit?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 6 — PRACTICE

Return Quickly

One Better Choice
Return today to one healthy practice you recently missed without waiting for a perfect restart date.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, when I drift, I will return quickly.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 7

Become Someone I Can Depend On

Today's Scripture
"Who can find a trustworthy man?"
— Proverbs 20:6, BSB

What stood out to me in today's devotional?

A Question to Carry
What evidence am I giving myself that I can be trusted with the life I am trying to build?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 7 — PRACTICE

Become Someone I Can Depend On

One Better Choice
Make one small promise to yourself today that you can realistically keep—and keep it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will build self-trust through one promise kept.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

September 1 – September 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

September 1 – September 7

SEPTEMBER 8

What I Do When Nobody Is Watching

Today's Scripture

"Whatever you do, work at it with your whole being, as for the Lord and not for men."

— Colossians 3:23, BSB

What stood out to me in today's devotional?

A Question to Carry

Who am I becoming in the parts of my life nobody else sees?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 8 — PRACTICE

What I Do When Nobody Is Watching

One Better Choice
Do one thing properly today that nobody else is likely to notice or praise.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise integrity without requiring an audience.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 9

Discipline Is a Form of Care

Today's Scripture

"No discipline seems enjoyable at the time, but painful. Later on, however, it yields a harvest of righteousness and peace."

— Hebrews 12:11, BSB

What stood out to me in today's devotional?

A Question to Carry

What if discipline is not punishment but care extended forward in time?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 9 — PRACTICE

Discipline Is a Form of Care

One Better Choice
Do one thing today that your tomorrow self will be grateful you did.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make one choice that takes care of tomorrow as well as today.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 10

Do Not Make the Plan So Hard I Cannot Live It

Today's Scripture

"Which of you, wishing to build a tower, does not first sit down and count the cost to see if he has the resources to complete it?"

— Luke 14:28, BSB

What stood out to me in today's devotional?

A Question to Carry

Did I fail the plan—or was the plan unrealistic for the life I actually live?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 10 — PRACTICE

Do Not Make the Plan So Hard I Cannot Live It

One Better Choice

Look at one routine or goal and remove one unnecessary expectation that makes consistency harder than it needs to be.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will build routines that challenge me without requiring me to stop being human.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

SEPTEMBER 11

Consequences Are Not Always Punishment

Today's Scripture

"Whatever a man sows, he will reap in return."
— Galatians 6:7, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I treating a natural consequence like an injustice because I wish it would disappear?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 11 — PRACTICE

Consequences Are Not Always Punishment

One Better Choice

Identify one consequence you resent and ask: “What is this teaching me about the choices that led here?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will learn from consequences instead of spending all my energy resenting them.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

SEPTEMBER 12

Keep Showing Up

Today's Scripture

"Now it is required of stewards that they be found faithful."
— 1 Corinthians 4:2, BSB

What stood out to me in today's devotional?

A Question to Carry

What part of my life needs my presence more than it needs my enthusiasm?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 12 — PRACTICE

Keep Showing Up

One Better Choice
Show up today for one important commitment even if you do not feel especially motivated.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that showing up is itself an act of faithfulness.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 13

Repair the Broken Commitment

Today's Scripture

"If it is possible on your part, live at peace with everyone."
— Romans 12:18, BSB

What stood out to me in today's devotional?

A Question to Carry

Is there a commitment I am avoiding because admitting I failed to follow through feels uncomfortable?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 13 — PRACTICE

Repair the Broken Commitment

One Better Choice

Repair one commitment you failed to keep through ownership, apology where appropriate, and a realistic next action.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will repair what I can instead of hiding from what I failed to do.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

SEPTEMBER 14

Repetition Becomes Character

Today's Scripture
"Be doers of the word, and not hearers only."
— James 1:22, BSB

What stood out to me in today's devotional?

A Question to Carry
What kind of person are my repeated choices training me to become?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 14 — PRACTICE

Repetition Becomes Character

One Better Choice
Identify one small behaviour you want to become part of your character and deliberately practise it today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise the character I want tomorrow.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

September 8 – September 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

September 8 – September 14

SEPTEMBER 15

Motivation Will Leave Sometimes

Today's Scripture

"Let us not grow weary in well-doing, for in due time we will reap a harvest if we do not give up."

— Galatians 6:9, BSB

What stood out to me in today's devotional?

A Question to Carry

What important part of my life have I been allowing my mood to decide?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 15 — PRACTICE

Motivation Will Leave Sometimes

One Better Choice
Do one important thing today before waiting to feel motivated to do it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will not require motivation before doing what I know matters.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 16

Keep the Appointment With Myself

Today's Scripture
"Redeeming the time, because the days are evil."
— Ephesians 5:16, BSB

What stood out to me in today's devotional?

A Question to Carry
Why do I sometimes treat commitments to myself as less legitimate than commitments to everyone else?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 16 — PRACTICE

Keep the Appointment With Myself

One Better Choice
Protect one small block of time today for something important you repeatedly postpone.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will honour one appointment I made with myself.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 17

Boring Can Be Beautiful

Today's Scripture

"To aspire to live quietly, to attend to your own matters, and to work with your own hands."

— 1 Thessalonians 4:11, BSB

What stood out to me in today's devotional?

A Question to Carry

Have I become so accustomed to chaos that peace sometimes feels like something is missing?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 17 — PRACTICE

Boring Can Be Beautiful

One Better Choice

Notice one ordinary, stable part of your life today and deliberately call it a blessing instead of boring.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will learn to recognize stability as something worth protecting.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

SEPTEMBER 18

Small Neglect Becomes Big Disorder

Today's Scripture

"A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you."

— Proverbs 6:10–11, BSB

What stood out to me in today's devotional?

A Question to Carry

What small thing am I neglecting that will become harder if I continue waiting?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 18 — PRACTICE

Small Neglect Becomes Big Disorder

One Better Choice
Take care of one small responsibility today before it becomes tomorrow's bigger problem.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will respect small responsibilities before they become large consequences.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 19

My Priorities Need Evidence

Today's Scripture

"For where your treasure is, there your heart will be also."
— Matthew 6:21, BSB

What stood out to me in today's devotional?

A Question to Carry

If somebody saw only how I spend my time and attention, what would they assume my priorities are?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 19 — PRACTICE

My Priorities Need Evidence

One Better Choice
Choose one stated priority and give it visible evidence in your schedule or behaviour today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give one important priority evidence through my actions.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 20

Do Not Confuse Busy With Faithful

Today's Scripture

"Martha, Martha, … you are worried and upset about many things. But only one thing is necessary."

— Luke 10:41–42, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I doing what matters—or simply doing as much as possible?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 20 — PRACTICE

Do Not Confuse Busy With Faithful

One Better Choice

Remove or postpone one activity that is creating busyness without serving today's real priorities.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will measure faithfulness by what matters, not by how exhausted I become.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

SEPTEMBER 21

Let My Life Become the Proof

Today's Scripture
"So too, faith by itself, if it does not result in action, is dead."
— James 2:17, BSB

What stood out to me in today's devotional?

A Question to Carry
If I stopped telling people how I am changing, would my behaviour eventually tell them for me?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 21 — PRACTICE

Let My Life Become the Proof

One Better Choice
Choose one area where you have been talking about change and make today's evidence an action instead of another explanation.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let my actions become evidence of the person I am becoming.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

September 15 – September 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

September 15 – September 21

SEPTEMBER 22

Progress Does Not Need to Be Loud

Today's Scripture
"For who has despised the day of small things?"
— Zechariah 4:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What progress have I overlooked because I was expecting transformation to look dramatic?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 22 — PRACTICE

Progress Does Not Need to Be Loud

One Better Choice
Identify one small way you respond differently today than you might have responded in the past.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will respect small evidence of growth.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 23

Do the Next Right Thing

Today's Scripture
"Your word is a lamp to my feet and a light to my path."
— Psalm 119:105, BSB

What stood out to me in today's devotional?

A Question to Carry
What is the next right thing—not the entire solution, just the next thing?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 23 — PRACTICE

Do the Next Right Thing

One Better Choice

When overwhelmed today, stop planning ten steps ahead and identify the next responsible action you can actually take.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will walk in the light I have instead of refusing to move until I can see the entire road.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

SEPTEMBER 24

Ask for Help Before the Crisis

Today's Scripture

"Two are better than one … For if one falls down, his companion can lift him up."
— Ecclesiastes 4:9–10, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I waiting to become unbearable before allowing somebody to help me carry it?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 24 — PRACTICE

Ask for Help Before the Crisis

One Better Choice
Ask for support with one situation before it becomes a crisis.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will ask for help early instead of waiting until I am overwhelmed.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 25

Rest Is Part of Follow-Through

Today's Scripture

"Come with Me privately to a solitary place, and let us rest for a while."
— Mark 6:31, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I treating exhaustion as evidence that I am responsible?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 25 — PRACTICE

Rest Is Part of Follow-Through

One Better Choice
Make one responsible choice today that protects genuine rest rather than leaving rest for whatever time happens to remain.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that sustainable responsibility includes rest.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 26

Stop Moving the Finish Line

Today's Scripture
"Godliness with contentment is great gain."
— 1 Timothy 6:6, BSB

What stood out to me in today's devotional?

A Question to Carry
When was the last time I allowed something I accomplished to actually be enough for a moment?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 26 — PRACTICE

Stop Moving the Finish Line

One Better Choice
Before setting the next goal today, acknowledge one thing you have already completed or improved.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will honour progress before moving the finish line again.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 27

Reliability Includes Saying No

Today's Scripture
"Simply let your 'Yes' be yes, and your 'No,' no."
— James 5:12, BSB

What stood out to me in today's devotional?

A Question to Carry
How many commitments have I broken because I was afraid to say no when the request was made?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 27 — PRACTICE

Reliability Includes Saying No

One Better Choice

Before saying yes to a new commitment, pause long enough to consider what the yes will actually require.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will protect the reliability of my yes by becoming willing to say no.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

SEPTEMBER 28

Make It Right Without Making It About Me

Today's Scripture

"Each of you should look not only to your own interests, but also to the interests of others."

— Philippians 2:4, BSB

What stood out to me in today's devotional?

A Question to Carry

When I apologize, am I focused on repairing harm—or getting relief from feeling guilty?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 28 — PRACTICE

Make It Right Without Making It About Me

One Better Choice

If you owe someone an apology, make it without asking them to immediately remove your discomfort afterward.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make repair about responsibility rather than reassurance.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

September 22 – September 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

September 22 – September 28

SEPTEMBER 29

Faithfulness in the Ordinary

Today's Scripture

"Whoever is faithful with very little will also be faithful with much."
— Luke 16:10, BSB

What stood out to me in today's devotional?

A Question to Carry

What if the life I am trying to build is mostly being built on days that feel exactly like this one?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 29 — PRACTICE

Faithfulness in the Ordinary

One Better Choice
Choose one ordinary responsibility and do it today with deliberate care rather than rushing through it as though it does not matter.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise faithfulness in the ordinary.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

SEPTEMBER 30

What I Repeat, I Become

Today's Scripture

"To be renewed in the spirit of your minds; and to put on the new self."
— Ephesians 4:23–24, BSB

What stood out to me in today's devotional?

A Question to Carry

If I continue repeating today's choices, who am I becoming?

Where does this show up in my life right now?

Reflection / Journal / Notes

SEPTEMBER 30 — PRACTICE

What I Repeat, I Become

One Better Choice
Choose one practice from September that you will intentionally carry into October. Not ten. One. Keep practising it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise the life I want to become—not perfectly, but faithfully.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

September 29 – September 30

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

September 29 – September 30

MONTH IN REVIEW

September

Responsibility, Consistency, and Follow-Through

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

September — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

October

Service, Leadership, and Influence

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

OCTOBER 1

Go First

Today's Scripture

"Do to others as you would have them do to you."
— Luke 6:31, BSB

What stood out to me in today's devotional?

A Question to Carry

What good choice am I withholding because I am waiting for somebody else to make it first?

Where does this show up in my life right now?

Reflection / Journal / Notes

Go First

One Better Choice
In one situation today, stop waiting for somebody else to make the first positive move. Go first.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will not make another person's behaviour the condition for my character.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 2

Leadership Begins With Example

Today's Scripture

"Set an example for the believers in speech, in conduct, in love, in faith, in purity."
— 1 Timothy 4:12, BSB

What stood out to me in today's devotional?

A Question to Carry

Would I want somebody to follow the example I am setting right now?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 2 — PRACTICE

Leadership Begins With Example

One Better Choice

Before asking someone else to meet a standard today, ask whether your own behaviour demonstrates that standard.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will try to model what I ask from others.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 3

Nearby, Not Over the Top

Today's Scripture

"Carry one another's burdens, and in this way you will fulfill the law of Christ."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I helping this person become stronger, or becoming responsible for something that belongs to them?

Where does this show up in my life right now?

Reflection / Journal / Notes

Nearby, Not Over the Top

One Better Choice
Before solving somebody else's problem today, ask: “Do they need me to take this over—or do they need support while they handle it?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will help without automatically taking over.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 4

Notice the Person Nobody Notices

Today's Scripture

"Whatever you did for one of the least of these brothers of Mine, you did for Me."
— Matthew 25:40, BSB

What stood out to me in today's devotional?

A Question to Carry

Who around me have I become so accustomed to seeing that I have stopped actually noticing them?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 4 — PRACTICE

Notice the Person Nobody Notices

One Better Choice
Deliberately acknowledge one person today who might otherwise go unnoticed.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will notice someone who may be accustomed to being overlooked.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 5

Give What You Needed

Today's Scripture

"So that we can comfort those in any trouble with the comfort we ourselves have received from God."

— 2 Corinthians 1:4, BSB

What stood out to me in today's devotional?

A Question to Carry

How might something I survived become something useful I can give?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 5 — PRACTICE

Give What You Needed

One Better Choice

Think about something you once desperately needed from another person. Look for a healthy opportunity to offer a small version of that to somebody else.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will allow what I have learned through difficulty to make me more compassionate, not harder.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 6

Leadership Can Say “I Don't Know”

Today’s Scripture

“The one who thinks he knows something does not yet know as he ought to know.” — 1 Corinthians 8:2, BSB

What stood out to me in today’s devotional?

A Question to Carry

Where am I tempted to protect the appearance of competence instead of practising honesty?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 6 — PRACTICE

Leadership Can Say “I Don't Know”

One Better Choice

When you genuinely do not know something today, resist guessing merely to appear confident. Say: “I don't know, but I'll find out.”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will value trustworthy honesty over appearing to know everything.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 7

Leave the Room Better

Today's Scripture
"All of these must be done to build up the church."
— 1 Corinthians 14:26, BSB

What stood out to me in today's devotional?

A Question to Carry
What do people tend to experience after I have been in the room?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 7 — PRACTICE

Leave the Room Better

One Better Choice
Before leaving one place today, ask: “Is there one small thing I can do that leaves this place or these people a little better?” Then do it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will try to leave something better behind wherever I go.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

October 1 – October 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

October 1 – October 7

OCTOBER 8

Serve Without Needing Credit

Today's Scripture

"Be careful not to perform your righteous acts before men to be seen by them."
— Matthew 6:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Would I still do this good thing if I knew nobody would ever know I did it?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 8 — PRACTICE

Serve Without Needing Credit

One Better Choice
Do one helpful thing today that you intentionally do not announce.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let doing good be enough.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 9

Encouragement Is Leadership Too

Today's Scripture
"Therefore encourage and build one another up."
— 1 Thessalonians 5:11, BSB

What stood out to me in today's devotional?

A Question to Carry
How often do I notice something good in another person and never actually tell them?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 9 — PRACTICE

Encouragement Is Leadership Too

One Better Choice

Give one person specific, sincere encouragement today. Not simply: “Good job.” Tell them what you noticed.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, when I see something worth encouraging, I will give it a voice.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 10

Correct Without Crushing

Today's Scripture

"Brothers, if someone is caught in a trespass, you who are spiritual should restore him with a spirit of gentleness."
— Galatians 6:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Is my correction designed to improve something—or release my frustration onto somebody?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 10 — PRACTICE

Correct Without Crushing

One Better Choice
If you need to correct someone today, address the behaviour and expectation without attacking the person's character.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will hold people accountable without trying to make them smaller.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 11

Let People Learn

Today's Scripture

"As iron sharpens iron, so one man sharpens another."
— Proverbs 27:17, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I teaching this person—or training them to wait for me to do it?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 11 — PRACTICE

Let People Learn

One Better Choice
When someone is learning today, resist taking over simply because you can do it faster.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give people room to learn, practise, and become capable.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 12

Be the Same Person in Every Room

Today's Scripture

"The integrity of the upright guides them."
— Proverbs 11:3, BSB

What stood out to me in today's devotional?

A Question to Carry

Which version of me appears when nobody in the room can do anything for me?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 12 — PRACTICE

Be the Same Person in Every Room

One Better Choice

Notice whether you are tempted to compromise one of your values because of the people around you today. Carry the value into the room anyway.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will carry my values with me from room to room.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 13

Make Room at the Table

Today's Scripture

"Do not neglect to show hospitality to strangers, for by so doing some people have entertained angels without knowing it."

— Hebrews 13:2, BSB

What stood out to me in today's devotional?

A Question to Carry

Who might be standing outside a circle I have become comfortable inside?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 13 — PRACTICE

Make Room at the Table

One Better Choice

Look for someone on the edge of a group today and make one genuine effort to include them.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make room for somebody who may be wondering whether they belong.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 14

Somebody Is Watching How I Handle This

Today's Scripture

"In everything, show yourself to be an example by doing good works."
— Titus 2:7, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I teaching people through the way I respond when things do not go according to plan?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 14 — PRACTICE

Somebody Is Watching How I Handle This

One Better Choice

When something goes wrong today, behave as though someone you care deeply about is learning how to handle difficulty by watching you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will remember that the way I handle difficulty can become part of someone else's example.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

October 8 – October 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

October 8 – October 14

OCTOBER 15

Their Success Does Not Diminish Mine

Today's Scripture
"Rejoice with those who rejoice."
— Romans 12:15, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I genuinely celebrate somebody else's progress without making it a measurement of mine?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 15 — PRACTICE

Their Success Does Not Diminish Mine

One Better Choice

Congratulate someone today without immediately comparing their success to your own life.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make room for another person's success without treating it as my loss.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 16

Listen Before You Lead

Today's Scripture

"My beloved brothers, understand this: Everyone should be quick to listen, slow to speak."

— James 1:19, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I helping this person—or responding to the problem I assumed they had?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 16 — PRACTICE

Listen Before You Lead

One Better Choice
Before offering advice today, ask at least one genuine question and listen completely to the answer.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will understand before I attempt to lead.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 17

Give People Credit

Today's Scripture
"Outdo yourselves in honoring one another."
— Romans 12:10, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I as quick to give away credit as I am to accept it?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 17 — PRACTICE

Give People Credit

One Better Choice
Give specific credit today to someone whose contribution could easily go unnoticed.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make sure good work finds its rightful name.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 18

Do Not Gossip in the Name of Concern

Today's Scripture

"A gossip reveals a secret, but a trustworthy person keeps a confidence."
— Proverbs 11:13, BSB

What stood out to me in today's devotional?

A Question to Carry

Would I say this if the person I am talking about were sitting beside me?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 18 — PRACTICE

Do Not Gossip in the Name of Concern

One Better Choice

Before sharing information about another person's problem today, ask whether sharing it is necessary, helpful, and appropriate.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will treat other people's stories as something entrusted to me, not something given to me for conversation.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 19

Make It Safe to Admit a Mistake

Today's Scripture
"Confess your sins to each other."
— James 5:16, BSB

What stood out to me in today's devotional?

A Question to Carry
Does the way I react to mistakes teach people to tell me the truth—or hide it from me?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 19 — PRACTICE

Make It Safe to Admit a Mistake

One Better Choice
When someone admits a mistake today, respond first to their honesty before moving into correction or problem-solving.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make honesty safer than concealment.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 20

Do Not Ask Someone to Become You

Today's Scripture

"Just as each of us has one body with many members, and not all members have the same function."

— Romans 12:4, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I protecting an important standard—or merely protecting my preferred method?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 20 — PRACTICE

Do Not Ask Someone to Become You

One Better Choice

When someone approaches a task differently today, ask whether the difference actually affects the required result before correcting them.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make room for people to succeed without requiring them to become copies of me.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 21

Use What You Have

Today's Scripture

"Each of you should use whatever gift he has received to serve one another."
— 1 Peter 4:10, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I waiting to have before I begin using what I already have?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 21 — PRACTICE

Use What You Have

One Better Choice

Ask yourself: “What is already in my hand that could help somebody today?” Then use one thing.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will use something already entrusted to me to make another person’s road a little easier.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

October 15 – October 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

October 15 – October 21

OCTOBER 22

Share the Lesson, Not the Pedestal

Today's Scripture

"For it is by grace you have been saved through faith … it is the gift of God."
— Ephesians 2:8, BSB

What stood out to me in today's devotional?

A Question to Carry

Has what I learned made me more compassionate toward people still learning—or more judgmental of them?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 22 — PRACTICE

Share the Lesson, Not the Pedestal

One Better Choice

When sharing experience today, speak from what you learned rather than positioning yourself as the authority on another person's life.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will share what I have learned without putting myself above the person receiving it.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 23

Sometimes Helping Means Stepping Back

Today's Scripture

"To everything there is a season, and a time for every purpose under heaven."
— Ecclesiastes 3:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I still helping—or am I trying to control what another person chooses?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 23 — PRACTICE

Sometimes Helping Means Stepping Back

One Better Choice
Identify one situation where you may need to offer support without continuing to manage the outcome.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will recognize when caring requires presence and when it requires space.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 24

Ask Before Giving Advice

Today's Scripture

"A word fitly spoken is like apples of gold in settings of silver."
— Proverbs 25:11, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I giving this person what they need—or what makes me feel useful?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 24 — PRACTICE

Ask Before Giving Advice

One Better Choice
Before offering unsolicited advice today, ask whether the person wants advice or simply wants you to listen.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will ask what kind of help is needed before deciding what kind of help to give.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 25

Leadership Takes Responsibility Downward and Gives Credit Upward

Today's Scripture

"Each of you should look not only to your own interests, but also to the interests of others."

— Philippians 2:4, BSB

What stood out to me in today's devotional?

A Question to Carry

When pressure arrives, do the people around me expect me to stand with them—or point at them?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 25 — PRACTICE

Leadership Takes Responsibility Downward and Gives Credit Upward

One Better Choice
When something happens today, ask first: “What was my responsibility here?” Before identifying everyone else’s.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will take responsibility seriously and give recognition generously.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 26

Make the Call

Today's Scripture
"A friend loves at all times."
— Proverbs 17:17, BSB

What stood out to me in today's devotional?

A Question to Carry
Who have I been meaning to call?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 26 — PRACTICE

Make the Call

One Better Choice
Contact one person today simply because they came to mind.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will turn one good intention toward another person into action.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 27

No Hidden Ledger

Today's Scripture

"It is not self-seeking, it is not easily angered, it keeps no account of wrongs."
— 1 Corinthians 13:5, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I giving freely—or creating debts nobody knows I expect them to repay?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 27 — PRACTICE

No Hidden Ledger

One Better Choice

Notice one kindness today that you are tempted to record mentally as something the other person now owes you. Let it remain a gift.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will give freely and communicate expectations honestly instead of keeping a hidden score.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 28

Let Someone Help Me Too

Today's Scripture
"Carry one another's burdens."
— Galatians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry
Why is giving help sometimes easier for me than receiving it?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 28 — PRACTICE

Let Someone Help Me Too

One Better Choice
Allow someone to help you with one thing today without immediately feeling obligated to repay them.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that healthy community allows me to give and receive.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

October 22 – October 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

October 22 – October 28

OCTOBER 29

Plant Seeds You May Never See Grow

Today's Scripture

"I planted the seed and Apollos watered it, but God made it grow."
— 1 Corinthians 3:6, BSB

What stood out to me in today's devotional?

A Question to Carry

Can I remain faithful when I may never see the result of what I planted?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 29 — PRACTICE

Plant Seeds You May Never See Grow

One Better Choice
Do one good thing today without requiring evidence that it made a difference.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will plant something good without demanding to watch it grow.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

OCTOBER 30

The Goal Is Not to Be Needed Forever

Today's Scripture

"And it was He who gave … some to be pastors and teachers, to equip the saints for works of ministry."

— Ephesians 4:11–12, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I helping people become capable—or helping them remain dependent on me?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 30 — PRACTICE

The Goal Is Not to Be Needed Forever

One Better Choice

Give someone an opportunity today to carry a responsibility you would normally keep for yourself.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will measure leadership partly by what others become capable of doing without me.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

OCTOBER 31

Leave Something Better Behind

Today's Scripture

"By this everyone will know that you are My disciples, if you love one another."
— John 13:35, BSB

What stood out to me in today's devotional?

A Question to Carry

If my influence continues after I leave the room, what do I want to leave behind?

Where does this show up in my life right now?

Reflection / Journal / Notes

OCTOBER 31 — PRACTICE

Leave Something Better Behind

One Better Choice
Before October ends, ask: “What do I want people to consistently experience from me?” Choose one answer and deliberately carry it forward.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will try to leave people and places a little better than I found them.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

October 29 – October 31

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

October 29 – October 31

MONTH IN REVIEW

October

Service, Leadership, and Influence

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

October — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

November

Gratitude, Contentment, and Generosity

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

NOVEMBER 1

Notice What Is Already Here

Today's Scripture
"Give thanks in every circumstance."
— 1 Thessalonians 5:18, BSB

What stood out to me in today's devotional?

A Question to Carry
What good thing have I stopped noticing because I have become accustomed to having it?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 1 — PRACTICE

Notice What Is Already Here

One Better Choice

Before focusing on what needs fixing today, name three things already present in your life for which you are grateful.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will notice what is here before concentrating entirely on what is missing.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 2

Gratitude Does Not Deny Pain

Today's Scripture
"Sorrowful, yet always rejoicing."
— 2 Corinthians 6:10, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I make room for gratitude without using it to silence what genuinely hurts?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 2 — PRACTICE

Gratitude Does Not Deny Pain

One Better Choice
Allow yourself to name one painful truth and one thing you are grateful for without forcing either one to cancel the other.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will allow sorrow and gratitude to exist honestly together.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 3

Meet Tomorrow When It Comes

Today's Scripture
"Give us this day our daily bread."
— Matthew 6:11, BSB

What stood out to me in today's devotional?

A Question to Carry
How much of today's peace am I spending trying to solve a tomorrow that has not happened?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 3 — PRACTICE

Meet Tomorrow When It Comes

One Better Choice

When your mind races too far ahead today, ask: “What do I actually need for today?”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will receive today’s provision without demanding guarantees for every tomorrow.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 4

Say Thank You While You Can

Today's Scripture
"Give thanks to the LORD, for He is good."
— Psalm 107:1, BSB

What stood out to me in today's devotional?

A Question to Carry
Who am I grateful for but assuming already knows?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 4 — PRACTICE

Say Thank You While You Can

One Better Choice
Tell one person specifically why you are grateful for them today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give gratitude a voice.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 5

Comparison Steals the View

Today's Scripture

"Each one should test his own work. Then he will have reason to boast in himself alone, and not in someone else."

— Galatians 6:4, BSB

What stood out to me in today's devotional?

A Question to Carry

What was I grateful for until I compared it to somebody else's version?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 5 — PRACTICE

Comparison Steals the View

One Better Choice
When comparison appears today, return your attention to one good thing in your own life that deserves appreciation.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will admire what others have without using it to diminish what I have.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 6

Use It, Don’t Worship It

Today’s Scripture

“One’s life does not consist in the abundance of his possessions.”
— Luke 12:15, BSB

What stood out to me in today’s devotional?

A Question to Carry

What possession or achievement am I asking to prove something about my worth?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 6 — PRACTICE

Use It, Don’t Worship It

One Better Choice

Choose one possession today and consciously think: “This is something I have. It is not who I am.” Then be grateful for its usefulness.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will enjoy what I have without allowing what I have to define who I am.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 7

I Have Something to Give

Today's Scripture
"It is more blessed to give than to receive."
— Acts 20:35, BSB

What stood out to me in today's devotional?

A Question to Carry
If generosity is bigger than money, what do I already have an abundance of that somebody else might need?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 7 — PRACTICE

I Have Something to Give

One Better Choice

Give something today that is genuinely yours to give—time, encouragement, knowledge, attention, help, or material support—without expecting repayment.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will give from what I have instead of concentrating only on what I lack.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

November 1 – November 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

November 1 – November 7

NOVEMBER 8

Contentment Is Not Giving Up

Today's Scripture
"I have learned to be content regardless of my circumstances."
— Philippians 4:11, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I continue growing without treating my present life like something I have to escape?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 8 — PRACTICE

Contentment Is Not Giving Up

One Better Choice
Name one thing you want to improve and one thing about the current version you can genuinely appreciate.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will pursue growth without withholding gratitude from where I am now.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 9

Ordinary Provision Is Still Provision

Today's Scripture
"Give us this day our daily bread."
— Matthew 6:11, BSB

What stood out to me in today's devotional?

A Question to Carry
What daily provision have I stopped recognizing simply because it usually works?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 9 — PRACTICE

Ordinary Provision Is Still Provision

One Better Choice
Notice five ordinary provisions today that you normally use without thinking about them.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will notice ordinary provision before I call it ordinary.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 10

Let Someone Give to Me

Today's Scripture

"It is not our intention that others may be relieved while you are burdened, but that there may be equality."

— 2 Corinthians 8:13, BSB

What stood out to me in today's devotional?

A Question to Carry

Why do I sometimes feel safer giving than receiving?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 10 — PRACTICE

Let Someone Give to Me

One Better Choice

Accept one appropriate act of kindness today and respond with a simple, sincere: “Thank you.”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will allow generosity to travel toward me as well as through me.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 11

Gratitude for Those Who Served

Today's Scripture

"Greater love has no one than this, that he lay down his life for his friends."
— John 15:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What freedom in my ordinary life exists partly because somebody else carried an extraordinary burden?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 11 — PRACTICE

Gratitude for Those Who Served

One Better Choice
Take a deliberate moment today to remember someone—or a generation of people—whose service and sacrifice helped shape the freedoms you live with.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember sacrifice with gratitude, humility, and respect.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 12

Generosity Needs Boundaries Too

Today's Scripture

"Each one should give what he has decided in his heart to give, not out of regret or compulsion."

— 2 Corinthians 9:7, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I giving from generosity—or from fear of disappointing someone?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 12 — PRACTICE

Generosity Needs Boundaries Too

One Better Choice
Before saying yes to a request today, ask whether you can give freely and responsibly without neglecting another important responsibility.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give freely without using generosity to abandon healthy limits.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 13

Enjoy It Without Apologizing

Today's Scripture

"Every man should eat and drink and find satisfaction in all his labor—this is the gift of God."

— Ecclesiastes 3:13, BSB

What stood out to me in today's devotional?

A Question to Carry

What blessing have I worked hard to receive but barely allowed myself to enjoy?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 13 — PRACTICE

Enjoy It Without Apologizing

One Better Choice
Enjoy one good thing today without immediately turning the moment into planning, productivity, or guilt.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will receive enjoyment as part of gratitude.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 14

Gratitude Changes the Question

Today's Scripture
"How can I repay the LORD for all His goodness to me?"
— Psalm 116:12, BSB

What stood out to me in today's devotional?

A Question to Carry
What has been given to me that might become a gift through me?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 14 — PRACTICE

Gratitude Changes the Question

One Better Choice
Take one thing you are grateful to have received and allow it to inspire one act of generosity today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let gratitude open my hands.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

November 8 – November 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

November 8 – November 14

NOVEMBER 15

Enough Is a Powerful Word

Today's Scripture

"But if we have food and clothing, we will be content with these."
— 1 Timothy 6:8, BSB

What stood out to me in today's devotional?

A Question to Carry

What would change if I became better at recognizing enough before searching for more?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 15 — PRACTICE

Enough Is a Powerful Word

One Better Choice
Identify one area where today's provision is genuinely enough for today, and let yourself acknowledge that without immediately asking for more.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will practise recognizing enough.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 16

Gratitude Makes Memory Kinder

Today's Scripture
"I will remember the works of the LORD."
— Psalm 77:11, BSB

What stood out to me in today's devotional?

A Question to Carry
Has pain become the only narrator of a memory that contains more than pain?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 16 — PRACTICE

Gratitude Makes Memory Kinder

One Better Choice
Think about one difficult season and deliberately remember one good thing that existed beside the difficulty.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember honestly and gratefully.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 17

Stop Complaining Long Enough to Notice

Today's Scripture
"Do everything without complaining or arguing."
— Philippians 2:14, BSB

What stood out to me in today's devotional?

A Question to Carry
What am I training myself to notice through the words I repeatedly speak?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 17 — PRACTICE

Stop Complaining Long Enough to Notice

One Better Choice

Catch one unnecessary complaint today and replace it with either a useful action or a truthful observation of something good.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will complain less and notice more.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 18

Take Care of What I Have

Today's Scripture

"Now it is required of stewards that they be found faithful."
— 1 Corinthians 4:2, BSB

What stood out to me in today's devotional?

A Question to Carry

Does the way I care for what I have reflect the gratitude I say I feel for it?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 18 — PRACTICE

Take Care of What I Have

One Better Choice

Choose one thing, responsibility, relationship, or resource you value and take deliberate care of it today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will show gratitude through stewardship.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 19

Gratitude Can Slow Me Down

Today's Scripture
"Be still and know that I am God."
— Psalm 46:10, BSB

What stood out to me in today's devotional?

A Question to Carry
How many gifts am I rushing past while trying to get somewhere else?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 19 — PRACTICE

Gratitude Can Slow Me Down

One Better Choice
Choose one ordinary good moment today and deliberately slow down enough to fully experience it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will slow down long enough to notice what I am living.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 20

I Do Not Need Everything I Want

Today's Scripture

"But if we have food and clothing, we will be content with these."
— 1 Timothy 6:8, BSB

What stood out to me in today's devotional?

A Question to Carry

What have I started calling a need simply because I want it strongly?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 20 — PRACTICE

I Do Not Need Everything I Want

One Better Choice

Delay one nonessential want today long enough to ask whether it genuinely serves your values, priorities, and responsibilities.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will let my values—not every desire—decide what I pursue.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 21

Thank God for the Person I Am Becoming

Today's Scripture

"Being confident of this, that He who began a good work in you will carry it on to completion."

— Philippians 1:6, BSB

What stood out to me in today's devotional?

A Question to Carry

What growth in myself have I failed to appreciate because I am always focused on what remains unfinished?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 21 — PRACTICE

Thank God for the Person I Am Becoming

One Better Choice

Name one way you respond to life differently now than you once did, and thank God for the growth without pretending the work is finished.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will be grateful for progress while remaining willing to keep growing.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

November 15 – November 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

November 15 – November 21

NOVEMBER 22

Gratitude Needs Expression

Today's Scripture

"Give thanks to the LORD, call upon His name; make known His deeds among the nations."

— Psalm 105:1, BSB

What stood out to me in today's devotional?

A Question to Carry

Who has influenced my life in a good way but may not know how much it mattered?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 22 — PRACTICE

Gratitude Needs Expression

One Better Choice
Tell one person something specific you appreciate about them today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give gratitude a voice.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 23

Enough Does Not Mean Small

Today's Scripture

"The blessing of the LORD enriches, and He adds no sorrow to it."
— Proverbs 10:22, BSB

What stood out to me in today's devotional?

A Question to Carry

Where am I richer than I usually recognize?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 23 — PRACTICE

Enough Does Not Mean Small

One Better Choice
Name one kind of abundance in your life today that has nothing to do with money or possessions.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will recognize abundance in forms that cannot always be counted.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 24

Give Without Becoming Responsible for the Result

Today's Scripture
"I planted the seed and Apollos watered it, but God made it grow."
— 1 Corinthians 3:6, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I giving freely, or using generosity to influence an outcome I want?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 24 — PRACTICE

Give Without Becoming Responsible for the Result

One Better Choice
Give something today—time, encouragement, help, advice, or resources—without trying to control what happens afterward.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give what is mine to give and release what is not mine to control.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 25

Gratitude Protects Against Resentment

Today's Scripture

"Let the peace of Christ rule in your hearts … And be thankful."
— Colossians 3:15, BSB

What stood out to me in today's devotional?

A Question to Carry

What truth is resentment making harder for me to see?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 25 — PRACTICE

Gratitude Protects Against Resentment

One Better Choice

When resentment appears today, identify both what genuinely needs attention and one good thing you do not want resentment to erase.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will address what needs addressing without allowing resentment to erase the whole picture.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 26

Give People Their Flowers Now

Today's Scripture
"How good is a timely word!"
— Proverbs 15:23, BSB

What stood out to me in today's devotional?

A Question to Carry
What good words am I saving for someday?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 26 — PRACTICE

Give People Their Flowers Now

One Better Choice
Tell someone you love or respect one thing you might otherwise wait too long to say.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will give people their flowers while they can still receive them.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 27

I Do Not Need to Earn Every Good Thing

Today's Scripture
"Every good and perfect gift is from above."
— James 1:17, BSB

What stood out to me in today's devotional?

A Question to Carry
What gift am I struggling to receive because I believe every good thing must be earned?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 27 — PRACTICE

I Do Not Need to Earn Every Good Thing

One Better Choice
Receive one good thing today without immediately trying to prove that you deserve it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will receive grace as a gift instead of turning it into a debt.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

NOVEMBER 28

Leave Some Margin

Today's Scripture
"Be still and know that I am God."
— Psalm 46:10, BSB

What stood out to me in today's devotional?

A Question to Carry
Have I made my life so full that there is no room left for the unexpected, for people, or for rest?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 28 — PRACTICE

Leave Some Margin

One Better Choice
Protect one small piece of unscheduled or uncommitted margin today instead of automatically filling it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will leave enough room in my life to remain flexible and available.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

November 22 – November 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

November 22 – November 28

NOVEMBER 29

Gratitude Turns Scarcity Into Stewardship

Today's Scripture

"Now it is required of stewards that they be found faithful."
— 1 Corinthians 4:2, BSB

What stood out to me in today's devotional?

A Question to Carry

What would change if I treated what I have as something entrusted to me instead of constantly focusing on what I lack?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 29 — PRACTICE

Gratitude Turns Scarcity Into Stewardship

One Better Choice

Choose one limited resource—money, time, food, energy, tools, or another provision—and use it deliberately rather than carelessly today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will turn gratitude into faithful stewardship.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

NOVEMBER 30

Do Not Rush Past the Gift

Today's Scripture
"Taste and see that the LORD is good."
— Psalm 34:8, BSB

What stood out to me in today's devotional?

A Question to Carry
What part of my life today might I someday wish I had appreciated more while I was living it?

Where does this show up in my life right now?

Reflection / Journal / Notes

NOVEMBER 30 — PRACTICE

Do Not Rush Past the Gift

One Better Choice

Before November ends, name five gifts from this month—people, experiences, lessons, provisions, progress, or ordinary moments. Do not rush.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will not rush so quickly toward what comes next that I miss what has already been given.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

November 29 – November 30

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

November 29 – November 30

MONTH IN REVIEW

November

Gratitude, Contentment, and Generosity

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

November — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

December

Reflection, Faith, and New Beginnings

Use this month's theme as a lens for the daily reflections. Notice how the lessons build on one another and what begins to change as you practise them.

Opening Thoughts / Intentions / Prayer

What do I hope God will grow in me this month?

Notes

DECEMBER 1

Look Back Without Going Back

Today's Scripture

"Do not call to mind the former things; pay no attention to the things of old. Behold, I am about to do something new."

— Isaiah 43:18–19, BSB

What stood out to me in today's devotional?

A Question to Carry

What can I learn from my past without continuing to live inside it?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 1 — PRACTICE

Look Back Without Going Back

One Better Choice

Remember one past experience today for the lesson it taught you, rather than using it as evidence that your future must repeat your past.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will look back for wisdom and then turn toward the road ahead.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

DECEMBER 2

Some Things Really Have Changed

Today's Scripture

"Therefore if anyone is in Christ, he is a new creation. The old has passed away. Behold, the new has come!"

— 2 Corinthians 5:17, BSB

What stood out to me in today's devotional?

A Question to Carry

Where am I still calling myself unchanged even though my choices tell a different story?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 2 — PRACTICE

Some Things Really Have Changed

One Better Choice
Write down one situation you handle differently today than you would have handled it at the beginning of this journey.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will acknowledge growth without pretending I have finished growing.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 3

I Am More Than My Worst Day

Today's Scripture

"He has not dealt with us according to our sins or repaid us according to our iniquities."

— Psalm 103:10, BSB

What stood out to me in today's devotional?

A Question to Carry

Am I remembering this mistake to learn from it—or to sentence myself again?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 3 — PRACTICE

I Am More Than My Worst Day

One Better Choice

When an old mistake comes to mind today, ask: “Is there something responsible I still need to do about this?” If yes, take a step. If no, stop using it to punish yourself again.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment

Today, I will take responsibility for my past without making my past my identity.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

DECEMBER 4

Remember Who Stayed

Today's Scripture
"A friend loves at all times, and a brother is born for adversity."
— Proverbs 17:17, BSB

What stood out to me in today's devotional?

A Question to Carry
Who stood beside me when they could easily have walked away?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 4 — PRACTICE

Remember Who Stayed

One Better Choice

Think of one person who stayed during a difficult season and, if appropriate, tell them that you remember.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will remember the people who helped carry parts of my journey.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

DECEMBER 5

Not Every Door Was Supposed to Stay Open

Today's Scripture

"To everything there is a season, and a time for every purpose under heaven."
— Ecclesiastes 3:1, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I trying to resurrect simply because I have not accepted that its season ended?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 5 — PRACTICE

Not Every Door Was Supposed to Stay Open

One Better Choice
Identify one ending you may need to stop treating automatically as a failure. Ask what it taught you.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will seek wisdom about what deserves repair and what needs release.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 6

Forgive the Version of Me Who Did Not Know Yet

Today's Scripture
"For He knows our frame; He is mindful that we are dust."
— Psalm 103:14, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I expecting my past self to have possessed wisdom that only came through living the experience?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 6 — PRACTICE

Forgive the Version of Me Who Did Not Know Yet

One Better Choice
When judging a past version of yourself today, add this sentence: “I know something now that I did not know then.” Then ask how you can live that knowledge differently today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will turn regret into wisdom instead of endless self-punishment.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 7

I Did Not Get Here Alone

Today's Scripture
"For in Him we live and move and have our being."
— Acts 17:28, BSB

What stood out to me in today's devotional?

A Question to Carry
Who and what became part of my transformation that I could never have manufactured entirely by myself?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 7 — PRACTICE

I Did Not Get Here Alone

One Better Choice

Name three people, communities, experiences, or provisions that helped you become who you are today. Thank God for them.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will honour my effort without forgetting the grace and people that helped carry me here.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

December 1 – December 7

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

December 1 – December 7

DECEMBER 8

The Lesson Is Mine Now

Today's Scripture
"I have hidden Your word in my heart that I might not sin against You."
— Psalm 119:11, BSB

What stood out to me in today's devotional?

A Question to Carry
What truth has moved from something I heard into something I now know through experience?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 8 — PRACTICE

The Lesson Is Mine Now

One Better Choice
Identify one lesson from this year that you now use more naturally than you once did. Practise it deliberately today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will recognize the wisdom that has become part of how I live.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 9

I Know Where to Return

Today's Scripture

"Return to Me, and I will return to you, … says the LORD of Hosts."
— Malachi 3:7, BSB

What stood out to me in today's devotional?

A Question to Carry

When I drift, do I know the roads that lead me home?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 9 — PRACTICE

I Know Where to Return

One Better Choice

Name one place, person, or practice that reliably helps bring you back to yourself and to God. Use it today if you need it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will remember that I know how to return.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

DECEMBER 10

I Can Trust the Pause

Today's Scripture
"A patient man has great understanding."
— Proverbs 14:29, BSB

What stood out to me in today's devotional?

A Question to Carry
What has the pause protected me from this year?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 10 — PRACTICE

I Can Trust the Pause

One Better Choice
Use a deliberate pause today in one situation where you would once have reacted immediately.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will trust that slowing down can make my response stronger, not weaker.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 11

The Boundary Is Part of the Love

Today's Scripture
"Guard your heart with all diligence, for from it flow springs of life."
— Proverbs 4:23, BSB

What stood out to me in today's devotional?

A Question to Carry
What has setting healthier limits taught me about the difference between love and control?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 11 — PRACTICE

The Boundary Is Part of the Love

One Better Choice
Review one important boundary and remind yourself what healthy value it is designed to protect.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that a clear boundary can be part of responsible love.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 12

I Can Carry Grief and Joy Together

Today's Scripture
"Sorrowful, yet always rejoicing."
— 2 Corinthians 6:10, BSB

What stood out to me in today's devotional?

A Question to Carry
Can I allow joy to return without believing it means the person or loss mattered less?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 12 — PRACTICE

I Can Carry Grief and Joy Together

One Better Choice
Let one good moment today be good without demanding that grief disappear first.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let grief and joy share the same life.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 13

What I Repair Matters More Than What I Regret

Today's Scripture
"Produce fruit, then, in keeping with repentance."
— Matthew 3:8, BSB

What stood out to me in today's devotional?

A Question to Carry
Am I spending more energy regretting the past than living the lesson it taught me?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 13 — PRACTICE

What I Repair Matters More Than What I Regret

One Better Choice
Take one regret and ask: “What changed behaviour would honour the lesson better than continuing to feel guilty?” Practise that behaviour today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will turn regret toward repair and changed behaviour.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 14

I Am Allowed to Be Proud of the Work

Today's Scripture

"Each one should test his own work. Then he will have reason to boast in himself alone."

— Galatians 6:4, BSB

What stood out to me in today's devotional?

A Question to Carry

Can I honour my own effort without forgetting the grace and people that helped make it possible?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 14 — PRACTICE

I Am Allowed to Be Proud of the Work

One Better Choice
Name one difficult piece of growth from this year and allow yourself to say: “I worked hard at that, and I am grateful I did.”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will receive healthy pride in the work without turning it into superiority.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

December 8 – December 14

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

December 8 – December 14

DECEMBER 15

Choose the Life I Want to Practise

Today's Scripture
"Choose for yourselves this day whom you will serve."
— Joshua 24:15, BSB

What stood out to me in today's devotional?

A Question to Carry
What kind of life am I practising through the choices I keep repeating?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 15 — PRACTICE

Choose the Life I Want to Practise

One Better Choice
Choose one value you want to define the next season of your life and take one action that supports it today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will choose the direction I want my life to keep taking.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 16

Carry Forward What Works

Today's Scripture
"Hold fast to what is good."
— 1 Thessalonians 5:21, BSB

What stood out to me in today's devotional?

A Question to Carry
What has proven itself valuable enough that I do not want to leave it behind just because the calendar changes?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 16 — PRACTICE

Carry Forward What Works

One Better Choice
Identify one practice from this year that clearly helped and decide how you will continue it into the next year.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will hold fast to what has helped me grow.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 17

I Can Start Small Again

Today's Scripture
"For who has despised the day of small things?"
— Zechariah 4:10, BSB

What stood out to me in today's devotional?

A Question to Carry
What is the smallest faithful beginning that could actually change something over time?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 17 — PRACTICE

I Can Start Small Again

One Better Choice
Choose one small practice you can realistically sustain instead of creating a large plan you are unlikely to maintain.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will trust small beginnings.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 18

Leave Room for God to Surprise Me

Today's Scripture

"'For My thoughts are not your thoughts, neither are your ways My ways,' declares the LORD."

— Isaiah 55:8, BSB

What stood out to me in today's devotional?

A Question to Carry

Can I plan responsibly without insisting that life follow my exact script?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 18 — PRACTICE

Leave Room for God to Surprise Me

One Better Choice
Take one future plan and add: “This is my intention, but I remain open to wisdom and redirection.”

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today’s Commitment
Today, I will plan with intention and hold the outcome with open hands.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 19

Make Peace With Being Unfinished

Today's Scripture

"Not that I have already obtained all this, or have already been made perfect, but I press on."

— Philippians 3:12, BSB

What stood out to me in today's devotional?

A Question to Carry

Can I accept that I am unfinished without believing I am failing?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 19 — PRACTICE

Make Peace With Being Unfinished

One Better Choice

Name one area where you are still growing without turning it into an accusation against yourself.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will make peace with being a work still in progress.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

DECEMBER 20

What Do I Want to Leave Behind?

Today's Scripture

"Let us throw off every encumbrance and the sin that so easily entangles."
— Hebrews 12:1, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I carrying only because I have carried it for a long time?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 20 — PRACTICE

What Do I Want to Leave Behind?

One Better Choice
Identify one burden, behaviour, or old story you do not want to keep carrying forward. Take one action that stops feeding it today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will begin releasing what no longer belongs in the life I am building.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 21

The Light Returns

Today's Scripture

"The Light shines in the darkness, and the darkness has not overcome it."
— John 1:5, BSB

What stood out to me in today's devotional?

A Question to Carry

Where is light already returning that I might miss if I only look at what remains difficult?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 21 — PRACTICE

The Light Returns

One Better Choice
Notice one place where light, hope, peace, or possibility has quietly returned to your life.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will notice the light without pretending the darkness never existed.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

December 15 – December 21

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

December 15 – December 21

DECEMBER 22

Carry the Tools, Not the Weight

Today's Scripture
"Come to Me, all you who are weary and burdened, and I will give you rest."
— Matthew 11:28, BSB

What stood out to me in today's devotional?

A Question to Carry
What wisdom can I keep without continuing to carry the weight that taught it to me?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 22 — PRACTICE

Carry the Tools, Not the Weight

One Better Choice
Choose one difficult experience and separate: What I learned. From What I no longer need to keep carrying.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will carry the lesson forward and begin laying unnecessary weight down.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 23

I Do Not Need to Repeat the Old Story

Today's Scripture
"Be transformed by the renewing of your mind."
— Romans 12:2, BSB

What stood out to me in today's devotional?

A Question to Carry
What story about myself no longer completely fits the person I am becoming?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 23 — PRACTICE

I Do Not Need to Repeat the Old Story

One Better Choice
Take one old statement about yourself and rewrite it using the evidence your life provides today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will stop rehearsing an old identity when new evidence tells a fuller story.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 24

Make Room

Today's Scripture

"And she gave birth to her firstborn … and laid Him in a manger, because there was no room for them in the inn."

— Luke 2:7, BSB

What stood out to me in today's devotional?

A Question to Carry

What am I filling my life with that leaves too little room for what matters most?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 24 — PRACTICE

Make Room

One Better Choice
Create one intentional space today—however small—for prayer, presence, remembrance, or connection.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will make room for God, love, memory, and presence.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 25

Receive the Gift

Today's Scripture

"Today in the city of David a Savior has been born to you. He is Christ the Lord!" — Luke 2:11, BSB

What stood out to me in today's devotional?

A Question to Carry

What gift am I struggling to receive because part of me still believes everything good must be earned?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 25 — PRACTICE

Receive the Gift

One Better Choice
Receive one good thing today without immediately analyzing, earning, fixing, or repaying it. Just receive it.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will receive grace, love, and the gifts present in this day.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 26

The Day After Still Matters

Today's Scripture
"This is the day that the LORD has made."
— Psalm 118:24, BSB

What stood out to me in today's devotional?

A Question to Carry
What good thing from yesterday can become part of how I live today?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 26 — PRACTICE

The Day After Still Matters

One Better Choice

Carry one value from Christmas—gratitude, generosity, patience, presence, or faith—into one ordinary responsibility today.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will carry meaning into the ordinary day after the meaningful one.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

DECEMBER 27

I Can Begin Before January

Today's Scripture
"Behold, now is the time of favor."
— 2 Corinthians 6:2, BSB

What stood out to me in today's devotional?

A Question to Carry
What better choice am I postponing simply because I like the idea of a cleaner starting date?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 27 — PRACTICE

I Can Begin Before January

One Better Choice
Start one useful change today that you have been saving for January. Make it small.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will remember that beginning is available now.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 28

I Am Not Starting From Zero

Today's Scripture
"Thus far the LORD has helped us."
— 1 Samuel 7:12, BSB

What stood out to me in today's devotional?

A Question to Carry
What do I know now that changes the way I can approach what comes next?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 28 — PRACTICE

I Am Not Starting From Zero

One Better Choice
Write down three tools, lessons, or supports you carry into your next beginning that you did not have—or did not use—as well before.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will begin from experience, not from zero.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

December 22 – December 28

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

December 22 – December 28

DECEMBER 29

Transformation Is Not a Performance

Today's Scripture

"Man sees the outward appearance, but the LORD sees the heart."
— 1 Samuel 16:7, BSB

What stood out to me in today's devotional?

A Question to Carry

Do I want to become different—or be seen as different?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 29 — PRACTICE

Transformation Is Not a Performance

One Better Choice
Choose one area where you feel tempted to prove your growth and replace explanation with consistent action.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will let transformation become practice instead of performance.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 30

Tomorrow Does Not Need a Perfect Me

Today's Scripture
"My grace is sufficient for you, for My power is perfected in weakness."
— 2 Corinthians 12:9, BSB

What stood out to me in today's devotional?

A Question to Carry
What if tomorrow does not need a perfect version of me—only a willing one?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 30 — PRACTICE

Tomorrow Does Not Need a Perfect Me

One Better Choice
Release one unrealistic demand you have placed on yourself about who you must become before the new year begins.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment
Today, I will enter tomorrow unfinished, honest, and willing to keep growing.

End-of-day check-in
Did I make my better choice? What happened? What did I learn?

DECEMBER 31

The Next Better Choice

Today's Scripture
"Behold, I make all things new."
— Revelation 21:5, BSB

What stood out to me in today's devotional?

A Question to Carry
Knowing what I know now, what is the next better choice?

Where does this show up in my life right now?

Reflection / Journal / Notes

DECEMBER 31 — PRACTICE

The Next Better Choice

One Better Choice

Do not make a list of everything you must change tomorrow. Choose one thing. One practice. One relationship. One responsibility. One act of faith. One better choice. Begin there.

My one better choice today is:

What action will I take — and when?

What might God be showing me?

Today's Commitment

Today, I will finish this year without finishing the journey. Tomorrow, I begin again—one better choice at a time.

End-of-day check-in

Did I make my better choice? What happened? What did I learn?

WEEKLY REFLECTION

December 29 – December 31

Look back without grading yourself. Notice what these days revealed.

What did I notice about myself this week?

What theme or struggle kept repeating?

Where did I see growth, willingness, or God at work?

Which better choice was hardest to make? What made it difficult?

What practice do I want to carry into next week?

One sentence to carry forward

WEEKLY REFLECTION

Journal / Prayer / Notes

December 29 – December 31

MONTH IN REVIEW

December

Reflection, Faith, and New Beginnings

Return to this month's theme and consider what it has meant in your actual life.

What did this month's theme teach me?

Which daily lesson stayed with me most strongly, and why?

What patterns did I notice in my thoughts, choices, relationships, or faith?

Where did I see growth or a change in direction?

Where am I still being challenged?

MONTH IN REVIEW

December — Carrying It Forward

What prayer, question, or lesson do I want to carry into next month?

What is one better choice I want to keep practising?

Reflection / Journal / Notes

YEAR-END REFLECTION

One Better Choice at a Time

What changed in me over this year of daily practice?

Which themes or lessons became part of how I live?

Where did I see God at work?

What did I learn about returning after difficult days or poor choices?

What relationships, practices, or boundaries became healthier?

YEAR-END REFLECTION

The Next Better Choice

What do I want to carry into the next year?

Knowing what I know now, what is my next better choice?

Reflection / Journal / Notes