



7-Day



Pre-Planning

- Day 1 /** **Resource & Planning Day:**
Today we begin our preparation with gathering our **Believe Bigger Color Journal**, pens, & color pencils. Join our Facebook group, **Refocus21**.
- Day 2 /** **Declutter Day:**
Find that quiet area where you can spend time with your color journal. Organize and declutter that area. Think about calming elements to add to your space- small plant, desk fountain, etc.
- Day 3 /** **Let's Meditate:**
What is Biblical Meditation? Learn how to meditate and visualize God's destiny for your life. Watch our video on our Facebook page. Try our short breathing video.
- Day 4 /** **Sustained Listening:**
Get tips on what it means to listen to hear the voice of God more clearly. Check your email inbox for today's inspiration on listening.
- Day 5 /** **Journaling For Clarity:**
Get tips on what it means to listen to hear the voice of God more clearly. Check your email inbox for today's inspiration on listening.
- Day 6 /** **Affirm Your Day:**
Today we'll focus on the power of our words to create our desired future. Find out how God's Word can transform every area of our lives.
- Day 7 /** **Rest Day:**
Today is your rest day. You can review your pre-planning list or catch up on any of the preplanning days you may have missed.





Thank You



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