



26 LIFE-GIVING THINGS YOU CAN DO FOR YOURSELF

1. Set attainable goals to work out and eat healthier.
2. Download the Bible app on your phone. Start a reading plan on your own or with others.
3. Spend an entire day away from your cell phone/computer. Occasionally unplugging from technology does wonders for your soul.
4. Arrive 15 minutes early for one meeting per day. Use that time to read scripture.
5. Commit your day to the Lord before you get out of bed. Ask Him to help you live out your faith.
6. Designate one day each month as a personal enrichment day. Use those eight hours to do things that will help you grow.
7. When waiting for your kids or your wife, open your bible app and read scripture. It is harder to be upset and impatient while reading the Word.
8. Meet regularly with your 'Band of Brothers'. Being deeply connected with other dudes on the same journey feeds your spirit.
9. Listen to sermon podcasts/worship music in the car. These help you stay connected to the Source of Life.
10. Forgive. As Lewis Smedes says, "To forgive is to set the prisoner free and realize that the prisoner was yourself." Walk in that freedom.
11. Find a new hobby or learn a new skill. Try that one thing that has always interested you?
12. Make being present in church a priority in your life.
13. Write down 3 positive self-attributes. Affirm yourself and thank God for blessing you with them.
14. Write down 3 self-attributes that you most want to change. Tell the Lord your desires and ask friends you trust to help you eliminate them.
15. Tell someone what you appreciate about them. It feels good to bless others.
16. Take a nature walk. Breathe deeply and enjoy the beauty God created.
17. Commit to giving both time and finances to Kingdom work.
18. Evaluate your relationships. You cannot become the man you want to be by consistently hanging out with men who are leading you in the wrong direction.
19. Complain less. The world is negative enough. Being positive and joyful impacts you and those around you.
20. Evaluate your finances and adjust them as needed so you can live within your means. Getting your finances in line is key to living freely.
21. Get rid of one negative thing in your life that is keeping you from being a Godly man.
22. Create the habit of spending daily time in prayer. Start by praying 4 minutes a day for 4 weeks with these elements: "God you are good," "I need help," "They need help," "Thank you."
23. Organize your stuff. A lack of clutter around you helps create a lack of clutter within you.
24. Focus on progress over perfection. Perfection is rarely unattainable.
25. Spend more time with family and other people you love - think about the 8-10 people who would be around your bedside in your final days.
26. Get plenty of sleep. Sleep rejuvenates your body, mind and soul.