

THE 3D PLAN: SESSION 2

Weekly goals to accompany the book

open your heart 12 Weeks of *Daily Devotions*

Week 1 The Transparent Heart

EATING RIGHT

- Complete your quarterly health assessment form.
- If you have lost 10 pounds or more in the previous 12 weeks, re-calculate your caloric needs.
- Set a realistic weight or wellness goal for the next 12 weeks.

LIVING WELL

- Commit to wearing your pedometer at least 5 days a week for the next 12 weeks.
- Write down the number of steps you are walking daily. Then, set a realistic goal for daily steps for the next 11 weeks.
- Plant a flowering shrub, a rose bush, or even some daffodils or tulips to remind yourself that you are growing in Christ.

LOVING GOD

- Memorize Acts 4:32, “Now the company of those who believed were of one heart and soul.”
- Read daily devotions and reflect on the questions.
- Start a new prayer list of 10 people.

Week 2 Sometimes the Hardest Person to Forgive is Myself

EATING RIGHT

- Try a new light dessert this week (for example, pears topped with a drizzle of chocolate syrup).
- Use your daily journal to assess the quality and quantity of your daily diet.
- Forgive yourself if you're not "perfect" and strive for "excellence."
- Focus on vegetables and fruits this week.

LIVING WELL

- Write in your journal an incident that happened last week for which you need to forgive yourself. And be sure you literally talk to the Lord about it: "I thank you God for your forgiveness, which is mine for the asking. Specifically I need to ask your forgiveness for _____, and I need to forgive myself as well."
- Try to do this every day this week. It is an amazing process, and makes the Christian life come alive anew.
- Frame a recent family picture for your desk or window sill. Be sure you are in the picture.

LOVING GOD

- Memorize Psalm 51: 2, "Wash me from all my iniquity and I shall be clean."
- Pray in Color this week (www.prayingincolor.com) for the 10 names on your prayer list. Use the space in your journal, and try using colored markers. Visit the "Loving God" section of our website, www.3Dyourwholelife.com for more instructions.

Week 3 The Root of Jealousy

EATING RIGHT

- This week, focus on the whole grain food group. Plan to eat whole grains for breakfast or for a snack or for an entire day.
- Consider your own individual food needs, and avoid comparing what you eat to what others eat.

LIVING WELL

- Vary your pace of exercise this week to pep up your metabolism. For example, try a 30 second spurt every 10 minutes.
- Try walking up a flight of stairs every day this week.
- Keep recording the number of your steps.

LOVING GOD

- Memorize Proverbs 27:4, “Wrath is cruel, anger is overwhelming: but who can stand before jealousy?”
- Read your daily devotions.
- The Praying in Color exercise for this week is a help to memorizing scripture. Visit the “Loving God” section of the website and look for this exercise. Try it using the first 3 verses that you have learned this session.

Week 4 The Modern-Day Idol

EATING RIGHT

- Can you now identify your trigger foods -- foods that set you off in an unhealthy eating pattern or a food binge? Write them down in your journal and highlight them so they are easy for you to monitor.

LIVING WELL

- Invite someone to walk with you this week. If you work outside your home, try taking your sneakers to work and using 10 minutes of your lunch break for a walk with a co-worker.
- Buy a beautiful flower, plant, or candle for your bathroom or bedroom.

LOVING GOD

- Memorize Exodus 20:23, "I am the Lord your God who brought you out of the land of Egypt, out of the house of bondage – you shall have no other Gods before me."
- Read your daily devotions.

Week 5 Self Righteousness

EATING RIGHT

- Make a double batch of a favorite entree and freeze enough for a “fast food dinner.”
- Consider eating a piece of fruit before lunch or a salad before your main plate at dinner.

LIVING WELL

- Buy a set of one-pound wrist weights to use when you are walking.
- Are you reaching your goal for steps?
- Buy a new set of placemats or some pretty napkins to make your table beautiful.

LOVING GOD

- Memorize Luke 15:7, “I tell you there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance.”
- Read your daily devotions.

Week 6 Who Me, Angry?

EATING RIGHT

- Consider where you are with your weight or wellness goal for the first 6 weeks.
- Share a recipe on the Recipe Swap at www.3Dyourwholelife.com.
- Serve one meatless meal this week. Focus on plant foods instead of animal foods.

LIVING WELL

- Re-organize your spices and condiments. Throw away old spices and alphabetize your spices for easy access. Or, re-organize a couple of other kitchen drawers.
- Put a CD or MP3 player in your kitchen and enjoy your favorite music while preparing meals.

LOVING GOD

- Memorize Ephesians 4:26-27, “Be angry but do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.”
- Read your daily devotions.

Week 7 The Crushing Weight of Self Pity

EATING RIGHT

- Have you had a successful “eating out” experience since beginning *Your Whole Life*?
- Write in your journal what was difficult and what worked for you when eating away from home.
- Have you entertained guests for a meal since you started the program? What were the challenges and how did you handle them?

LIVING WELL

- Check your daily pedometer readings and note the progress you have made these past six weeks.
- Buy a magazine this week that has exercise tips, and choose something new to re-invigorate your weekly regime.
- Enjoy the same magazine over a cup of tea some afternoon or evening.

LOVING GOD

- Memorize Psalm 139:1-2, “O Lord thou hast searched me and known me! Thou knowest mine down-sitting and mine up-rising: thou understandest my thoughts afar off.”
- Read your daily devotions.
- Name 5 blessings every day this week.

Week 8 The Irresistible Strength of a Forgiving Heart

EATING RIGHT

- Water is the single most important nutrient you take into your body every day. It is fat free, cholesterol free, low in sodium and has zero calories.
- Be good to the planet this week and drink tap water (filtered if you prefer) instead of using bottled water.
- Some say that water is the #1 beauty secret!
- Sort out the difference between being hungry and possibly just being thirsty by drinking a glass of water and waiting 15 minutes to assess actual hunger.

LIVING WELL

- Time for a “fun family take-out-meal night.” Serve a freezer meal that’s all ready, or order out one night this week. Use nice paper plates and decorations for a simple meal that everyone enjoys! Be sure to serve a fun dessert as well.
- Some night, plan a bubble bath or early shower, and a good magazine or video that you have wanted to see. And make an effort to go to bed half an hour earlier than usual at least 3 nights this week.

LOVING GOD

- Memorize Romans 12:19, “Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, ‘Vengeance is mine, I will repay’ says the Lord.”
- Read your daily devotionals.
- Pray for one person each day whom you need to forgive.

Week 9 When I Fall I Shall Rise

EATING RIGHT

- An article in the March, 2008 issue of *O: The Oprah Magazine* observed, “All carbs are not created equal (as your weight, mood, and blood sugar will attest). For better health, a leaner body, and fewer ups and downs in your get-up-and-go, surrender the white—and go for the gold, the tan, the honeyed brown, the deep-dark chestnut of whole grain carbs.”
- Eat only whole grains this week. Decide if this could be a permanent change or decide how many days in a week this is possible. Whole grains are a real step towards good health.

LIVING WELL

- Be very sure that exercise is becoming a regular part of your whole life, at least 5 times a week. If 30 minutes is too much, then do 10 minutes three times in the day. And even if you miss several days in a row, just start up again. Don't give up!
- Send out 3 “thinking of you” notes or cards to friends or family. It will mean a lot to them and will be a blessing for you. Not birthday wishes, or get well wishes, just “thinking of you” wishes.

LOVING GOD

- Memorize Psalm 34:19, “Many are the afflictions of the righteous; but the Lord delivers him out of them all.”
- Read your daily devotions.

Week 10 Fear: Faith in the Wrong Person

EATING RIGHT

- Observe your portion sizes this week; in the past 20 years standard portions of many foods have doubled. That may mean that eating half of something could be a healthy choice.
- Be aware that as you carry around less weight your portions will need to decrease again.

LIVING WELL

- Keep walking!
- Bake a batch of fresh oatmeal cookies (from Maggie's recipe swap) and take them to your local police station or fire station. If you have small children, take them along so they too can say "thank you."

LOVING GOD

- Memorize 2 Timothy 1:7, "For God hath not given us the spirit of fear; but of power and of love, and of a sound mind."
- Read your daily devotions.
- Every day this week, pray for: 1) The President of the United States, 2) The Governor of your state, and 3) Peace for our world.

Week 11 Who Has the Reigns Anyway?

EATING RIGHT

- If you have strayed from any of the healthy food changes you initially made, try to return as soon as possible to your good habits. Don't let a slip or a splurge lead you in the wrong direction. Forgive yourself again and move forward.

LIVING WELL

- Do you need new sneakers? Experts say it is important to replace your sneakers regularly for good support, even before they might look worn out.
- Instead of tossing magazines and old books away take them to a local women's shelter or to a gym.

LOVING GOD

- Memorize Psalm 37:5, "Commit thy way unto the Lord; trust also in him; and he shall bring it to pass."
- Read your daily devotions.

Week 12 Come, Follow Me

EATING RIGHT

- Take time to look over these past twelve weeks and evaluate the changes you have made in your eating habits. Be grateful for any/all progress you have made and look forward to your next steps in this journey to a whole life.
- Examine your journal and summarize the ways in which you are now eating right, and take joy in your progress!
- Make a list of areas that you feel still need additional changes. Commit to more healthy choices as you continue to eat right for your whole life.

LIVING WELL

- Celebrate your 12-week journey by going out to a great restaurant with your 3D group. Do your hair, put on your favorite outfit. Share the ups (and downs!) of this process with your friends.

LOVING GOD

- Memorize Philippians 3:13, “One thing I do, forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal.”
- Read your daily devotions.
- Thank God every day for one specific new blessing in your life.