



H1: Shape Your New Year NOW

1. Start with some healthy _____ - _____.
2. _____ your holiday.
3. Create new _____.
4. Have _____!



Lee Wolfe Blum

Author, *Brave is the New Beautiful* and *Table in the Darkness*

www.leewolfblum.com

“to do” by group:

- Activity Sheet:* Complete “My New Year Future-Trip” worksheet and share with a trusted friend.
- Journal Prompt:* What is one fun thing you’ve done in the past during the holidays? Write about the experience.

Notes:

this week's Word:

“Commit to the Lord whatever you do, and he will establish your plans.” - **Proverbs 16:3 (NIV)**

my New Year “future-trip”

Imagine yourself waking up on New Years’ Day. What do you want your reality to be?

If using this in a group setting, please complete BEFORE your next meeting.



On January 1, _____, I want to feel...
(year)

One FUN thing I will do this Holiday season is:

“Commit to the Lord whatever you do,
and He will establish your plans.”

Proverbs 16:3 (NIV)



“Many are the plans in a person's heart,
but it is the Lord's purpose that
prevails.”

Proverbs 19:21 (NIV)



“...we've been given a brand-new life
and have everything to live for,
including a future in heaven—and the
future starts now!”

1 Peter 1:4 (MSG)



“For freedom Christ has set us free;
stand firm, therefore, and do not submit
again to a yoke of slavery.”

Galatians 5:1 (ESV)



“I will guide you along the best pathway
for your life. I will advise you and
watch over you.”

Psalms 32:8 (NLT)



“Look at those who are honest and good,
for a wonderful future awaits those who
love peace.”

Psalms 37:37 (NLT)



“This means that anyone who belongs
to Christ has become a new person. The
old life is gone; a new life has begun!”

2 Corinthians 5:17 (NLT)



TRANSLATION KEY

NIV—New International Version

NLT—New Living Translation

MSG—The Message Translation

ESV—English Standard Version

HOW TO USE THESE CARDS

Print onto cardstock and trim on dotted lines.
Tuck into your Bible, journal, or stick on your
mirror, refrigerator, or anywhere you need a
reminder of what is TRUE.

They're also great for sharing...



FINDINGbalance
eat well. live free.