



CREATE YOUR SYSTEM

MAKING A WATER HABIT

1. WHAT BABY STEP HABIT WILL YOU BE WORKING ON THIS MONTH?

2. WHAT'S YOUR WHY? WHY IS THIS HABIT IMPORTANT IN YOUR LIFE?

3. COMMIT YOUR WATER HABIT TO THE LORD. ASK FOR HIS POWER:

4. APPLY THE 4 LAWS TO YOUR WATER HABIT. See previous pages examples.

1. How I will make it OBVIOUS:

- a) I will [BEHAVIOR] at [TIME] in [LOCATION].
- b) After [CURRENT HABIT] I will [NEW HABIT].

2. How I will make it ATTRACTIVE:

3. How I will make it EASY:

4. How I will make it SATISFYING:

Water

HABIT TRACKER



My water habit intention statement (from the "make it obvious" section):

Pray over your new habit daily:

Dear God, I appreciate your gift of refreshing water. In the same way my body needs and craves water, my soul thirsts after you. Help me to drink the water my body needs and to thirst after your righteousness. Please forgive me when I go elsewhere for my cravings. I know that you are the wellspring of life! I praise you and love you. Amen.

Habits of a Healthy Free Life

AUGUST 2020 HABIT:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
#3 WATER:																															
HABITS TO MAINTAIN:																															
#2 Mind:																															
#7 Exercise:																															
#1 Spirit:																															
#6 Food:																															
#5 Move:																															
#4 Sleep:																															

Share a photo of your tracker in the Facebook group EVERY FRIDAY in the designated post!

Morning Glory Muffins

The Academy's most beloved muffin.

 40 min / 9 Servings

Ingredients

1 cup Almond Flour
1 cup Oats
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1/2 cup Organic Raisins
3 tbsps Extra Virgin Olive Oil
1/4 cup Maple Syrup
2 Egg
1/4 cup Unsweet Almond Milk
2 Carrot (grated)
1 Banana (ripe & mashed)

Preparation

1. Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
2. In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
3. In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
4. Combine the wet and dry ingredients and mix well.
5. Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
6. Remove from oven. Let cool and enjoy!

NOTES

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving equals one muffin.

No Raisins: Use unsweetened dried cranberries or fresh blueberries instead. Or leave out.

Egg Allergy: Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in place of 2 eggs.

Special Touch: Serve with raw honey or organic butter.



AUGUST 2020

BIBLE READING PLAN

*Join us as we read through the entire New Testament in 2020.
5 minutes a day. 5 days a week.*

- | | |
|---|---|
| <input type="checkbox"/> Day 1: REFLECT / CATCH UP | <input type="checkbox"/> Day 17: Revelation 22 |
| <input type="checkbox"/> Day 2: REFLECT / CATCH UP | <input type="checkbox"/> Day 18: Matthew 1 |
| <input type="checkbox"/> Day 3: Revelation 12 | <input type="checkbox"/> Day 19: Matthew 2 |
| <input type="checkbox"/> Day 4: Revelation 13 | <input type="checkbox"/> Day 20: Matthew 3 |
| <input type="checkbox"/> Day 5: Revelation 14 | <input type="checkbox"/> Day 21: Matthew 4 |
| <input type="checkbox"/> Day 6: Revelation 15 | <input type="checkbox"/> Day 22: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 7: Revelation 16 | <input type="checkbox"/> Day 23: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 8: REFLECT / CATCH UP | <input type="checkbox"/> Day 24: Matthew 5 |
| <input type="checkbox"/> Day 9: REFLECT / CATCH UP | <input type="checkbox"/> Day 25: Matthew 6 |
| <input type="checkbox"/> Day 10: Revelation 17 | <input type="checkbox"/> Day 26: Matthew 7 |
| <input type="checkbox"/> Day 11: Revelation 18 | <input type="checkbox"/> Day 27: Matthew 8 |
| <input type="checkbox"/> Day 12: Revelation 19 | <input type="checkbox"/> Day 28: Matthew 9 |
| <input type="checkbox"/> Day 13: Revelation 20 | <input type="checkbox"/> Day 29: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 14: Revelation 21 | <input type="checkbox"/> Day 30: REFLECT / CATCH UP |
| <input type="checkbox"/> Day 15: REFLECT / CATCH UP | <input type="checkbox"/> Day 31: Matthew 10 |
| <input type="checkbox"/> Day 16: REFLECT / CATCH UP | |

Appreciation Journal Prompts*

What are you thankful for today? What made you smile? Pause for a moment and think about something you appreciate. What do you notice? Then write to God and write what you imagine he might be saying to you about that experience as if he was there and he's talking to you.

Dear God, I am thankful, appreciative, or grateful for.....

Journaling about the Appreciation Memory with the following prompts may be helpful: Use "Who, What, Where and When" to develop your Appreciation Memory.

1. Who was with me?
2. What was happening?
3. Where was I?
4. When was this? What season?

Use your five senses to further expand your memory. What did I hear, smell, taste, and feel?

Look for words to describe how you felt both in your emotions and in your body.

From this point forward, write as if God is responding to you:

My dear child.....

I can see you there where you are right now...

I understand your heart because....

I appreciate your gratitude for...

Remember, I am always glad to be with you in all things...

***Note: Sometimes God will tell us something that we don't really want to hear. He is a good, loving, just God. He will always lead you towards him and all the virtues of his character: love, kindness, patience, humility, self-control, faithfulness, gentleness, mercy, slow to anger, etc. If we stray from his will, he will correct us. It's what a good father does! If he sees us headed towards selfishness and pride, he will redirect us.

*taken from www.deeperwalkinternational.org