

52 WEEKS TO ACHIEVING YOUR GOALS

Dr. Sharon Mancha

Week 3: “Discerning the Junk in My Trunk”

It will be important this week to have done last two week’s self-work to begin the process of discernment. What you learned about you last week is still processing in your spirit and thinking. This is not a one week accomplishment but rather an ongoing life-time process toward achieving your best self. ***This week we are focusing on discerning between what is junk to be thrown away and what is good stuff to be recycled for living, thriving, and becoming!***

Week 3’s Tasks:

- Continue to pray and ask God to partner with you in self-discovery.
- Sort out which things in your life that though difficult are necessary to your life work. In other words, what things happened in 2018 that you learned something new or discerned a fruit of the spirit you either gained or you lack, but need to add to become your best self.
- Discern into two categories the things that are good, but need your attention to develop and mature in your life or character.
- Discern what you found thriving in you that is an impediment to your living, thriving, and becoming.
- **Get Rid of the Junk!**
- Speak to both categories transformation that heals, restores, and use them to recreate a better spiritual journey that empowers your thinking, loving, and forgiving.
- Find scriptures that directly relate to the specific area in your character or behaviors you want to change. Change out the scriptures from last week and post new the scriptures on your bathroom mirror and by your bed. Only one each this time so you can memorize them quickly. Read it each morning while getting ready for your day and again at night before you go to sleep.
- Continue the habit of speaking into you the change you seek and thanking God for the strength to do it. Quote it to yourself, believe it and practice it. *God will help!*
- Pray daily, grab a cup of coffee with God and ask God to help you to see as He does into your day and to give you good success.
- Be reflective all week on your character, expertise, and into your inner self that only you and God know. Acknowledge your benchmarks and celebrate them, giving God thanks. Write them down in your journal of achievement.

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<http://drsharonmancha.podbean.com/?fbclid=IwAR3XbnJGDift3yqvqDuhWuHiOt-dlQuO384Jx6q3fyR9McHUmzQRWnY1fDY>
