

Do this first: My Level Up Goals for the next 9 weeks for my;

**Spirit**

**Soul**

**Body**

What fruit would you like to see at the end of these 9 weeks



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## Spirit

### Reading Plan

Proverb a Day w/corresponding day (for example Jan 9th = Proverbs 9)

Reading a Proverb a day will keep wisdom scriptures prevalent in your everyday life.

2 to 3 Chapters a week in the book of Luke with a Journal

Reading a Gospel, a month keeps the Life of Jesus in front of you keeping you observant of how he moved and the reason why you believe.

Utilize a Journal to write down what you have received from your reading and take some to really pray before you read asking God to reveal to you what His word has to say to you. Remember reading God's word without His Spirit is a waste of time.

### Week 1: Memory Verse

Ephesians 5:15-17 *"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is."*

### Meditation Time

Why is it important to carefully look at how we walk out this life?

Why is it important to make the best use of our time? And are you at this moment wasting or making the best use of your time?

What Changes need to be made?



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## Spirit

### Prayer Plan

Prayer Journal and List: Utilize this sheet to log in your weekly prayers. Remember prayer changes things. P.U.S.H (Pray Until Something Happens) and Pray to sustain what happens | Log your prayer items in the boxes below.

**Rejoice:** Before you repent go before God telling him what you are thankful for. The best way to be thankful is to look around you and see what you do have instead of looking ahead.

**Repentance:** Starting your prayers rejoicing reveals to you how great God is and how undeserving you leading you to see your heart for what it is which leads you to repentance. Remember repentance is a gift.

**Request:** Once you have rejoiced and repented your request will be synced with the heart and the will of God you will begin to ask per His will!

**Retaliate:** We are in a war and you have the power through Christ over satan and his kingdom. With that being said you need to retaliate against satan. (Warfare prayers are on my site.)

#### Monday:

Take some time today to pray for your spiritual leaders. Statistics have proven that most preachers and men/women in ministry either quit ministry on Monday or contemplate it. Keep your spiritual leaders in prayer. List them to the right.

Spiritual leaders:

#### Tuesday:

Focus on praying for family and friends. List family friends to the right.

Family and Friends:

#### Wednesday:

Focus on praying for coworkers and associates also seek God on whom to pray for on this day. Ask people and be open. List those names on the right.

Others:

#### Thursday:

Utilize this day to focus on personal growth (Body Soul and Spirit). Look up scriptures focused on growth and focus on praying on personal growth.

Personal Growth:

#### Friday:

Reflect and seek restoration from the week. Focus on thanksgiving scriptures and Pray thanksgiving prayers focusing on what's around you not ahead of you. List what you are thankful for to the right.

Thankful for:



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### Saturday:

Rest and take some time to pray for the body of Christ and for revival in your city!

Revival and the Body of Christ:

### Sunday:

Pray for the week ahead and utilize this day for personal development. Today is a freestyle prayer day list to the right what God wants you to pray for.

God what's on your heart?



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## Soul

**Personal Media Fast:** Choose an option below and stick with it for the entire program

60-90 Minutes Max on Social Media a day. If you selected this one what time of day?

9 days off social media for the 9 weeks. If you selected this one write down which days you plan to fast from Social Media. It can be all at one time or every Sunday for 9 weeks etc.

**Personal Assignment:** Commit to no less than one hour a day on your craft or 4 hours per weekend if during the week is tough.

What are you here to do and to leave here?

During my Personal Assignment Hours this week, I did:

### Personal Habits

Replace poor social habits with positive habits there are 63 days in this plan and the word on the street is you can replace a bad habit in 21 days. So the goal is to replace 3 bad habits during these 9 weeks. List those bad habits below

List the 3 bad habits here: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

For the next Three Weeks I will replace Bad Habit One by **removing** and **replacing** it with:

Removing

Replacing it with

### Personal Review

Each week I want you to take sometime to review how you view you take some time each week either on your day off or during the weekend to reflect on you and how you are doing. Utilize the box below or your journal to write down what's going on, on the inside and take sometime to write out to God how much you need him.

Venting is a major 

### Personal Recreation

Commit to one day of relaxation and rest and or to 45 minutes to an hour of stillness a day.

Log your individual and corporate (if you have friends) recreation each week and what time for stillness.

During my day of Rest I did?

What did you receive during your minutes of still this week?



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## Body

**Exercise:** Pick no less than two days to exercise this week. Consult your doctor for what's best for you to do and if everything is clear feel free to select a doable plan on [bodybuilding.com](http://bodybuilding.com). Below check off which days you worked out and in that box write down what all you did?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Eating:** What needs to be removed from your diet?



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