

60 SECONDS TO A FOCUSED LIFE!

31-Day Focused Life Calendar

BY CHARLES E. WINBURN, M.ED.

Tell **1** story each day
for **31** days,
3 times a day, up to
60 seconds each day.

DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to walk in love and express my love today.	DAY 4 It is my divine and human right to walk in peace and be led by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in knowledge, wisdom and the skill of God today.	DAY 6 It is my divine and human right to embrace serenity today.	DAY 7 It is my divine and human right to forgive myself and others today.
DAY 8 It is my divine and human right to trust today.	DAY 9 It is my divine and human right to be optimistic and have a great outlook on life today.	DAY 10 It is my divine and human right to release love, joy and peace in the universe and the earth today.	DAY 11 It is my divine and human right to feel bliss today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to inspire myself and be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be merciful to self an others and show grace today.	DAY 17 It is my divine and human right to be free and walk in freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, move and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a conqueror over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the rest of God. I rest in God today.	DAY 25 It is my divine and human right to focus on what I want. I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's emotions today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.				