

Carla's 21 Day Focused Commitment to a NEW YOU

This 21-day journey is an opportunity to focus on aligning your body, mind, and spirit, bringing a deeper sense of clarity, purpose, and personal purpose to your life. The outcome of this journey will depend entirely on your commitment, dedication, and focus throughout the process.

It is important to realize that this experience is not about pursuing material wealth, external power, or control, but about gaining wisdom, balance, and a deeper understanding of yourself which will lead to a new you hence a new life for you.

When you put yourself as a priority, you set the stage of your life for real peace, freedom, happiness and success in all areas of your life. When this becomes your intentional focus you will find yourself in a place of being instead of doing. Being provides an overflow of the goodness of YOU which in turn blesses everyone around you!

This commitment will require a sacrifice of time and energy, but by making your personal growth & freedom a priority, everything else will naturally come into alignment in what's best for YOU. It's time to make YOU a priority!

What is the 21 Days Focused Commitment?

A focused commitment is about dedicating yourself to a higher purpose and living in a way that reflects that commitment. It's like setting yourself apart from the world around you in dedicated slots of time to focus on what is good, what is right, what is possible, what is pure, and what life is really all about. In religious terms, it's about choosing to live a life that aligns with God's teachings and stepping away from anything that might harm your relationship with Him.

In the Bible, when we step into a time of focused commitment for ourselves, it means making a conscious decision to remove distractions or bad influences and focusing on becoming the best version of yourself. For example, in the Bible in the story of Joshua, the people of Israel were told to prepare themselves because great things were about to happen. This act of preparation—getting ready for something bigger—is what this 21 Day Focused Commitment is all about.

The idea is that when you dedicate YOUR life to positive focus on YOU and your own growth, release which leads to finding your divine design and purpose, amazing changes start within you and then spread to the world around you. It's about living in a way that prioritizes values like kindness, peace, and love over the negative influences in the world.

This 21 Day Focused Commitment is not a one-time event but a way to start learning a new lifestyle and ongoing process. It's about choosing to live intentionally every day and working to align your actions with your beliefs. It's a journey that invites you to grow closer to God and discover the fullness of life that comes with that connection.

How to Dedicate Yourself to Spiritual & Personal Growth

Make a Personal Commitment

Dedicating yourself to spiritual growth means making a clear and intentional decision to focus on your mind, body, and soul. It's a choice only you can make—no one can push you into it. It's about prioritizing your personal journey and growth. It is a commitment to focus only on you and not the people who have hurt you or the things that make you feel bound up.

Think About Your Motives

Take a moment to reflect on why you're starting this journey. It's not about trying to impress others or achieving perfection. Instead, think of it as building a relationship with God, with yourself and with the life that lays ahead waiting for you. As you grow, you'll start to feel a sense of peace, gratitude, and love.

Let Go of the Past

A key part of this journey is acknowledging any mistakes or regrets and deciding to move forward with a fresh start. It's about learning, letting go of the past, and committing to make better choices in the future. All of this is for YOU first. That is key to remember.

You can begin this by reflecting, journaling, or simply setting intentions for change. As you journey through this 21 day commitment, it's important to understand forgiveness is a key part of this time. Forgiveness sets you free from those that hurt you. It does not communicate what someone did to you was ok or you now have to spend time with them. Forgiveness is like you taking a huge ax to the chains that have tied you to that event or person. Once that chain is broken, you are released and free.

Avoid Negative Influences

A big part of this process is distancing yourself from habits, environments, or influences that might hold you back, that cause you to feel anxious, stressed, or overwhelmed. It's about intentionally replacing all of these negative distractions (that might have become "normal") with things that uplift and nourish your spirit. Think of it like choosing a healthy meal over junk food—it might take effort at first, but the long-term benefits are worth it.

Build Positive Habits

To grow spiritually, focus on things that strengthen your sense of purpose. You can:

- **Pray or Reflect:** Spend a few moments each day in quiet thought or prayer. Take your journal and write down your thoughts and hopes in your own words each day.
- **Read and Learn:** Find books or resources that inspire and guide you. Stay away from anything that is negative, fiction or lends to fear. This included daily news, gossip channels etc. Daily readings in the Bible or devotionals can help give a beautiful support during this journey.
- **Listen to Uplifting Music:** Play music that brings you peace and positivity during your day. Stay away from any music during this time whose lyrics promote

sadness, negativity, stress or evil. Stay focused on music that promotes hope, joy and love. Your favorite praise and worship is key during this time.

- **Join a Community:** Look for a group or community that supports your journey, such as a local church, spiritual study group, or online forum. Be intentional to do spring cleaning in your circles of association or influence. Remember, you are who you associate with.
- **Share Your Journey:** Connect with others who can encourage and support you as you grow.

Stay Committed

Spiritual growth is not a one-time decision—it's a way of living. There will be challenges along the way, and it's okay to make mistakes. The key is to keep going and keep striving to improve. Even small, consistent steps can lead to meaningful change over time.

A few suggestions for your 21 Day Focused Commitment:

- Find a poster board or large paper to write out your focused commitment over the next 21 days. The bible reminds us in Habakkuk 2:2 "Write down the vision, and make it plain..."
- Write a list of 5-7 things you are going to believe for during this journey.
 - What are you seeking direction on?
 - What do you want to see change in your life?
 - What are 2-3 detailed dreams or goals you are wanting to see in your life?
 - Clip pics and tape to your mirror, make a collage of these images and post everywhere you will see often in your day.
- The first 30 min of the day is set aside for devotion and reading of the scriptures. (remember to find a devotion suitable for you)
- A time set aside every day to pray. While praying can be done all day in general conversation with God, it is a good idea during these 21 days to dedicated at least

10-15 minutes in a private quiet space room for prayer. Make sure to have a journal handy when you in prayer and write down anything you see or hear.

- A minimum of 20 minutes for worship, meditation or thoughtfulness.
- A minimum of 60 minutes for reading a book of inspiration. A book that will increase your knowledge and inspire you. Make sure the book is a focus on resetting your mind to something higher and more productive.
- A minimum of 30-45 minutes of listening to audio to increase your thinking. Leadership training, motivational podcasts, forward thinking speakers, etc.
- Prayerfully consider fasting something that you really like. Some examples are sugar, fried food, bread, tv, social media, etc. Find something that could distract your time during this journey. Read Galatians 2:20
- Keep a journal nearby as you pray or meditate and write out what you are praying for and what you feel God is telling you.