



LISA A RICHARD-JOHNSON

POWER 21

A Spiritual Journey
to a Closer Walk
with Jesus



DAILY TRACKER



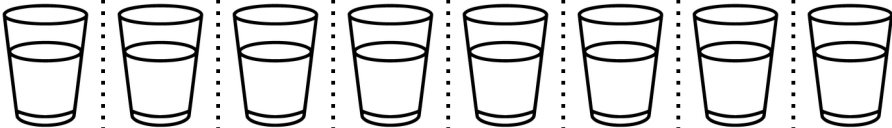
And the Lord answered

me, and said, Write the vision, and make it plain upon tables, that he may run and readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie; though it tarry, wait for it; because it will surely come, it will not tarry.

—HABAKKUK 2:2-3

| DATE | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------|-----|-----|-----|-----|-----|-----|-----|
| / / | | | | | | | |

| BREAKFAST | LUNCH | DINNER |
|-----------|-------|--------|
| | | |
| | | |
| | | |
| | | |

| SNACKS | HYDRATE |
|--------|---|
| |  |
| | It is recommended to drink half your body weight in water daily! |

| MENTAL FEELINGS |
|-----------------|
| |

| ENERGY LEVEL | |
|--------------|--|
| Morning | |
| Mid-Day | |
| Evening | |

DAILY MEDITATION

| TIME | SCRIPTURE READING | JOURNAL REVIEW OF BIBLE STUDY (Interpretation given by the Holy Spirit) |
|------|----------------------|--|
| | | |

DAILY REFLECTIONS

MY DAY IN REVIEW:

| TIME | SITUATION | FOOD CRAVINGS | FEELINGS BEFORE | FEELINGS AFTERWARD |
|------|-----------|------------------|--------------------|-----------------------|
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| | | | | |
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WHAT I HAVE LEARNED ABOUT MYSELF TODAY / WHAT FOODS AFFECT MY MENTAL HEALTH?

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BEHAVIOR PATTERNS THAT REQUIRE MY ATTENTION FOR IMPROVEMENT:

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STEPS TAKEN TOWARD MY GOALS:

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PRAYER REQUESTS

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STEPS TAKEN TOWARD MY GOALS:

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Do one thing every day that challenges you
mentally, physically and spiritually.

MIND, BODY & SOUL TRANSFORMATION