



40 Days of Faith, Family, Fasting,
Fitness, Finance & Fun

The Awesome Life Challenge

Welcome to The Awesome Life Challenge, a transformative, faith-based life enrichment program designed to elevate every aspect of your life. This 40-day journey focuses on six key areas: Faith, Family, Fasting, Fitness, Finances, and Fun. Unlike other programs that take a one-size-fits-all approach, The Awesome Life Challenge is tailored specifically to your unique needs and goals.

Why The Awesome Life Challenge is Different

Many challenge programs require participants to follow rigid guidelines that may not align with their personal aspirations. However, The Awesome Life Challenge stands out by leveraging the power of the Awesomeization Algorithm. This innovative approach customizes the program to fit your individual lifestyle, ensuring that each commitment you make is relevant and impactful.

A Personalized Journey

Everyone's life is unique, with different strengths and areas for growth. The Awesome Life Challenge recognizes this diversity and provides a framework that adapts to your specific circumstances. In just 40 minutes, you can create a personalized plan that targets each area of your life, optimizing your potential and guiding you towards an awesome, fulfilled life.

How It Works-The process is simple yet profound:

1. Self-Assessment: Begin by grading yourself in each of the six categories based on an ideal standard.
2. Commitment: Make commitments that align with your self-assessment. The Awesomeization Algorithm will guide you in assigning a suitable number of commitments based on your grades.
3. Transformation: Follow your personalized commitments over the next 40 days. Each action is designed to help you grow and thrive in all aspects of your life.

Your Unique Path to Awesomeness

The beauty of The Awesome Life Challenge is its flexibility. Whether you are part of a men's group, women's group, a co-ed community, or embarking on this journey with your partner, the program adapts to your collective needs. Every commitment you make is uniquely yours, ensuring a meaningful and personal experience.

Begin Your Journey

You've taken the first step by choosing this workbook. Now, immerse yourself in the process, embrace your personalized commitments, and unlock the potential within you. What's holding you back? Start The Awesome Life Challenge today and discover the path to a truly awesome life.

FAITH

Faith is a deeply personal journey, unique to each individual. No matter where you are in your spiritual exploration, you are warmly welcomed here. Anyone who begins a journey of faith answers two questions. 1. Does God exist? 2. Who is God? At its core in the context of this program, the category of FAITH looks at the relationship God and your belief and trust in a power greater than you. You may have a deep faith that has been with you for a lifetime. You may be brand new to the concept of faith. 1 John 4:16 tells us that God is love. *So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.* The world will know our faith through our work, our love, and our way of life.

The earliest Christians drew attention not through overt preaching, but through their compelling lifestyles, which prompted onlookers to seek the root of their joy and peace. This echoes the words of Jesus in John 13:33-35, where He introduces the commandment of love—a selfless, unconditional love that transcends the ordinary. He said, "Love one another as I have loved you. By this, everyone will know that you are my disciples, if you love one another."

Our language may simplify 'love' into a single term, whereas Greek differentiates it into four distinct types, each with its own depth and meaning. Our goal should be to embody a love so profound that it leaves others wondering about its source, inspiring them to say, "They have something I can't live without." There's an old saying, "Preach the Gospel always, and when necessary, use words." Our lives should be a testament to a vibrant and living faith, allowing God to work through us to touch the lives of others. As we embark on this journey together, my prayer is that you will find spiritual growth and inspiration to become the best version of yourself.

Imagine This...

Envision arriving in heaven to find yourself entering the largest stadium ever known, filled with all the Saints who have reached this celestial paradise. But rather than just making it to heaven, imagine the roar of their cheers so loud that it resonates back on Earth, celebrating your arrival as a truly great Saint.

As you step into the stadium and are nearly overwhelmed by the sound, a hand reaches out, steadying you. You look up to see Jesus at the end of the field, His face alight with a broad smile and tears of joy. He embraces you, saying softly, "Well done, good and faithful servant."

Reflect on your life as it stands today: If you were to enter heaven now, how loud would the Saints cheer for you? Assess yourself in the realm of faith based on the intensity of their jubilation.

Faith Grade- Reflect on the last 6 months how do you grade yourself?

Circle One: A B C D F

Life Enrichment Goals:

What changes do you need to implement to elevate your faith grade to an 'A'? List below at least SIX things that you could do daily or at least weekly so that you could with integrity grade yourself an 'A' in this category! If you already consider your faith grade to be an 'A', what further steps could you take to deepen and enrich this aspect of your life? Please list your actionable goals and commitments below.

- _____
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Reflections on Potential Impact:

How would these changes positively affect your life? Describe the potential benefits to your personal growth, relationships, and overall well-being. Consider how enhancing your faith could lead to a more fulfilling and AWESOME life.

“There is a God shaped vacuum in the heart of every man, which cannot be filled by any created thing, but only by God, The Creator, made known through Jesus.”

Blaise Pascal

FAMILY

When we think about success, societal norms often point us toward material wealth—valuing accomplishments by the cars we drive, the houses we own, and other physical possessions. However, Benjamin Zander, a distinguished classical music conductor, introduces a compelling alternate view of success. Reflecting on his role, he realized that despite being a conductor, he doesn't produce any sound himself; his true measure of success lies in his ability to draw out excellence from his musicians, influencing greatness through inspiration rather than direct action. Inspired by his interpretation, which aligns closely with the Biblical passage from Matthew 6:22 about the "lamp of the body," let's redefine success within the family context.

This scripture Matthew 6:22 *"The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.."* Zander later reflected that he knew he was successful by the light in the eyes of those around him. He suggests measuring success by the number of "shining eyes" we see around us—a true reflection of how deeply and positively we impact those in our lives. Imagine assessing our familial relationships based on the light we inspire in the eyes of our spouse, children, and other loved ones.

Reflective Questions:

- When was the last time you saw a genuine spark in your spouse or significant other's eyes? What were you doing that brought about that light?
- Consider your actions with your children and/or extended family. What makes their eyes shine with happiness and love?
- How often do you feel that your own eyes reflect such joy and fulfillment?

This approach to measuring success focuses not on material gains but on the emotional and spiritual enrichment we provide to our family. It's about creating moments that leave "shining eyes" all around.

Self-Assessment:

What percentage of the time do the people in your family have that shine in their eyes because of how you live and love? Based on this reflection, grade your success in the realm of family life.

By redefining success in these terms, we challenge ourselves to cultivate deeper, more meaningful relationships, letting God work through us to spread love and peace. This shift could indeed transform our world, making it a place where success is measured by joy, love, and the light in the eyes of those we hold dear.

FAMILY GRADE- Reflect on the last 6 months how do you grade yourself?

Circle One: **A** **B** **C** **D** **F**

Life Enrichment Goals:

What changes do you need to implement to elevate your FAMILY grade to an 'A'? List below at least SIX things that you could do daily or at least weekly so that you could with integrity grade yourself an 'A' in this category! If you already consider your FAMILY grade to be an 'A', what further steps could you take to deepen and enrich this aspect of your life? Please list your actionable goals and commitments below.

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Reflections on Potential Impact:

How would these changes positively affect your life? Describe the potential benefits to your personal growth, relationships, and overall well-being. Consider how enhancing your faith could lead to a more fulfilling and AWESOME life.

“In love there is no room for fear, but perfect love drives out fear, because fear implies punishment and no one who is afraid has come to perfection in love. Let us love, then, because he first loved us.”

FASTING

The practice of voluntarily abstaining from food and sometimes drink, has ancient roots in both health and spirituality. Fasting is believed to purify both body and mind, enhancing physical health and spiritual clarity. This tradition aligns with the diets of our healthiest ancestors, who often consumed natural, organic foods like high-quality proteins, omega-3 fatty acids, fruits, nuts, and vegetables. These dietary practices, coupled with periodic fasting, were seen as integral to maintaining optimal health and spiritual well-being. Today, fasting continues to be recognized for its potential to improve metabolic health and reduce chronic disease risks.

Fasting doesn't necessarily mean starvation; it can be a highly personalized practice tailored to one's lifestyle and goals. It can range from skipping snacks or candy to more symbolic acts like turning off your phone during family time or consciously avoiding negative thoughts. Such measures are not just dietary constraints but are also spiritual exercises that help foster greater self-control. This sacrificial nature of fasting can be linked to the concept of redemptive suffering, a principle well-articulated in Colossians 1:24, where St. Paul describes his sufferings as a participation in the sufferings of Christ for the sake of others.

St. Paul writes, "Now I rejoice in what I am suffering for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church." In this way, we can unite our sufferings with Christ and His passion so that fasting transcends the physical realm to become a spiritual offering, an intentional act that unites one's personal hardships with the redemptive suffering of Jesus. Through this union, you can offer up your fasts for specific intentions, thereby enhancing your spiritual resilience and focusing more profoundly on your spiritual journey. This aspect of fasting involves evaluating whether our actions—what we consume, how we consume it, and our immediate reactions to impulses—align with the 'awesome life' that God intends for us.

As you reflect on your actions in this category, contemplate how each action contributes to the life you aspire to live? Consider these points carefully and assess how well you're managing your fasting in all these areas.

Reflect on these points and grade yourself on your approach to fasting.

FASTING GRADE- Reflect on the last 6 months how do you grade yourself?

Circle One: A B C D F

Life Enrichment Goals:

What changes do you need to implement to elevate your faith grade to an 'A'? List below at least SIX things that you could do daily or at least weekly so that you could with integrity grade yourself an 'A' in this category! If you already consider your faith grade to be an 'A', what further steps could you take to deepen and enrich this aspect of your life? Please list your actionable goals and commitments below.

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Reflections on Potential Impact:

How would these changes positively affect your life? Describe the potential benefits to your personal growth, relationships, and overall well-being. Consider how fasting could lead to a more fulfilling and AWESOME life.

“If you want to measure the level of happiness in your life, just measure the level of self discipline in your life. You will never have more happiness than you have self discipline.”

Matthew Kelly

FITNESS

Exercise is not just beneficial; it's essential for maintaining both physical and mental health. Regular physical activity improves mood, reduces stress, and can significantly enhance both the quality and length of our lives. According to research published in the Journal of the American Medical Association, engaging in simple activities such as walking 20-30 minutes a day can cut the risk of death from chronic diseases by half. Despite this knowledge, many of us struggle to consistently care for our bodies, a dilemma reflected in the words of Saint Paul in Romans 7:15: "What I do, I do not understand. For I do not do what I want, but I do what I hate." Here, he captures the human struggle with sin, which can be paralleled with our often failed attempts to maintain fitness.

Beyond physical exercise, mental fitness plays a crucial role in our overall health. The mind, with its creative power, greatly influences our physical state—where the mind goes, the body follows. Consider what occupies your thoughts: Are they predominantly positive or negative? What kind of images and ideas do you allow into your mind? The adage that the mind is a wonderful servant but a terrible master rings especially true here. Negative habits and mindsets can easily dominate our lives if we're not vigilant, affecting not just our mental health but our physical health as well.

Evaluating your fitness isn't limited to physical appearance or capabilities. Reflect on whether your current level of physical and mental fitness aligns with the quality of life that God intends for you. Are you living up to your God-given potential in these areas?

With these reflections in mind, grade yourself in the category of FITNESS. Consider both your physical activities and mental habits, recognizing areas where improvements can be made to achieve a healthier, awesome life!

FITNESS GRADE- Reflect on the last 6 months how do you grade yourself?

Circle One: A B C D F

Life Enrichment Goals:

What changes do you need to implement to elevate your faith grade to an 'A'? List below at least SIX things that you could do daily or at least weekly so that you could with integrity grade yourself an 'A' in this category! If you already consider your faith grade to be an 'A', what further steps could you take to deepen and enrich this aspect of your life? Please list your actionable goals and commitments below.

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Reflections on Potential Impact:

How would these changes positively affect your life? Describe the potential benefits to your personal growth, relationships, and overall well-being. Consider how fasting could lead to a more fulfilling and AWESOME life.

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.

FINANCE

In our consumer-driven culture, Matthew Kelly challenges us to question whether we are truly consumers or if we have been consumed by consumerism itself. As the most advertised population in history, our environment blurs the lines between wants and needs, often pushing us towards debt to satisfy desires. This is highlighted in Proverbs 22:7, which warns, "The rich rule over the poor, and the borrower is slave to the lender." Such financial burdens, including student loans, car payments, and credit card debts, can strain or even suffocate marriages.

Financial conflicts are a leading cause of stress in relationships, contributing to a high divorce rate in the United States—50% of marriages end this way, often due to money-related disputes. In these dynamics, traditional roles can amplify stress; men often tie their self-worth to their financial success, while women value security and stability within their relationships. Dave Ramsey points out that women possess what he terms a "financial security gland" that men lack. Recognizing and respecting these differences is crucial for harmony in financial matters within a marriage, encouraging a sensitive approach to each partner's needs and fears about money.

Reflecting on your financial health also means considering where you invest your resources, as "where your treasure is, there your heart will be also" (Luke 12:32). Generosity, as encouraged in Proverbs 22:9, enhances our spiritual and communal lives. It's vital to assess not just how well you provide materially but also how you communicate about finances with your spouse, prepare for unforeseen circumstances with adequate life insurance, and plan for your family's future security. Evaluating these aspects will help you understand the depth of your financial stewardship and its alignment with your values.

Reflect on these considerations and grade yourself in the category of FINANCE to gauge where you stand and where you need to focus your efforts for improvement.

FITNESS GRADE- Reflect on the last 6 months how do you grade yourself?

Circle One: A B C D F

Life Enrichment Goals:

What changes do you need to implement to elevate your faith grade to an 'A'? List below at least SIX things that you could do daily or at least weekly so that you could with integrity grade yourself an 'A' in this category! If you already consider your faith grade to be an 'A', what further steps could you take to deepen and enrich this aspect of your life? Please list your actionable goals and commitments below.

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Reflections on Potential Impact:

How would these changes positively affect your life? Describe the potential benefits to your personal growth, relationships, and overall well-being. Consider how fasting could lead to a more fulfilling and AWESOME life.

Precious treasure and oil are in the house of the wise, but the fool consumes them.

Proverbs 21:20

FUN

When I look at a patch of dandelions,
I see a bunch of weeds that are going to take over my yard.

My kids see

Flowers for Mom and blowing white fluff you can wish on.

When I look at an old drunk and he smiles at me,
I see a smelly, dirty person who probably wants money, and I look away.

My kids see

Someone smiling at them and they smile back.

When I hear music I love,
I know I can't carry a tune and don't have much rhythm, so I sit self- consciously and listen.

My kids

Feel the beat and move to it. They sing out the words. If they don't know them, they make up their own.

When I feel the wind on my face,
I brace myself against it. I feel it messing up my hair and pulling me back when I walk.

My kids

Close their eyes, spread their arms and fly with it, until they fall to the ground laughing.

When I pray,
I say thee and thou and grant me this, give me that.

My kids say

"Hi, God! Thanks for my toys and my friends. Please keep the bad dreams away tonight. Sorry, I don't want to go to Heaven yet. I would miss Mommy and Daddy."

When I see a mud puddle,
I step around it. I see muddy shoes and dirty carpets.

My kids sit in it.

They see dams to build, rivers to cross and worms to play with.

I wonder if we are given kids to teach or to learn from?

No wonder God loves the little children!!

Enjoy the little things in life, for one day you may look back and realize they were the big things.

I wish you Mud Puddles and Dandelions!

(Author Unknown)

FUN

In the hustle of everyday life, it's easy to lose sight of joy and inadvertently let fun activities turn into mere chores. Reflecting on the words of Jesus in John 10:10, "I have come so that you may have life, and have it more abundantly," prompts us to question when and why the zest of life started to fade. This scripture is not just about living but thriving, which includes reclaiming the joy and fun that life has to offer. Evaluate how much genuine enjoyment you experience daily, and consider when you last approached life with the effortless joy reminiscent of childhood.

To reintroduce fun into your life over the next 40 days, consider adopting a more playful attitude towards everyday situations—embrace moments of 'Carefree Timelessness,' as Matthew Kelly puts it. This means setting aside dedicated time to simply enjoy being with loved ones without the constraints of schedules and to-do lists. Additionally, engage in random acts of kindness—these can be as simple as a thoughtful phone call, a heartfelt email, or a courteous gesture in traffic. Such acts not only spread joy to others but often bring a deep sense of fulfillment and happiness to ourselves.

There is wisdom in the ancient Chinese proverb, "If you want to be happy for an hour take a nap, if you want to be happy for a day go shopping, if you want to be happy for a week take a vacation, if you want to be happy for a year inherit a small fortune. But if you want to be happy for a lifetime, find a way to help other people live their dreams."

The busyness of modern life often hinders our ability to connect deeply with others, challenging our pursuit of true happiness. As we navigate our packed schedules, we must consider, "Where is the life we have lost in living?" This question prompts us to reflect on how we prioritize joy and meaningful relationships amidst our daily routines. We should consciously take every opportunity to just have FUN!

This aligns with another layer of living joyfully—finding and nurturing purpose through altruistic actions and connecting with others on a meaningful level. Reflect on how these practices impact your life and assess how well you incorporate genuine fun, kindness, and meaningful interactions into your daily routine. Use these insights to grade yourself in the category of FUN.

FITNESS GRADE- Reflect on the last 6 months how do you grade yourself?

Circle One: A B C D F

Life Enrichment Goals:

What changes do you need to implement to elevate your faith grade to an 'A'? List below at least SIX things that you could do daily or at least weekly so that you could with integrity grade yourself an 'A' in this category! If you already consider your faith grade to be an 'A', what further steps could you take to deepen and enrich this aspect of your life? Please list your actionable goals and commitments below.

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Reflections on Potential Impact:

How would these changes positively affect your life? Describe the potential benefits to your personal growth, relationships, and overall well-being. Consider how fasting could lead to a more fulfilling and AWESOME life.

“If you feel the joy of Christ in your heart, please notify your face. Indeed, joy is the echo of God’s presence and love.”

Unknown

Transferring Grades and Selecting Commitments

Step 1: Transfer Your Grades

- Begin by transferring the grade you assigned to yourself in each category (Faith, Family, Fasting, Fitness, Finance, and Fun) to the corresponding area provided below in this workbook.

Step 2: Convert Grades to Numbers

- Convert each letter grade to a numerical value using the following scale:
 - A = 1
 - B = 2
 - C = 3
 - D = 4
 - F = 5

Step 3: List Life Enrichment Goals

- Next, transfer the Life Enrichment Goals you listed in each section into the designated area for each category below. These are the goals you identified that will help you elevate your grades in each respective category. Remember these should be clear objectives that can be done daily or at least weekly.

Step 4: Select Commitments

- While some suggestions for commitments are provided to guide you, it is essential that you customize these commitments to best suit your needs for the 40 Day Awesome Life Challenge. Tailor these to ensure they are meaningful and achievable, aligning with your personal growth and improvement goals.
- Based on the numerical value of your grade for each category, circle the same number of commitments from your list of Life Enrichment Goals that you want to commit to for the 40 days. For example, if you graded yourself a 'B' (which corresponds to 2) in Fitness, you will choose two commitments from the Fitness Life Enrichment Goals you listed.

By following these steps, you'll set a clear path for personal development across various aspects of your life during the challenge, fostering both growth and fulfillment.

**TRANSFER YOUR GRADE FROM EACH CATEGORY TO THIS PAGE.
TRANSFER THE LIFE ENRICHMENT GOALS FROM EACH CATEGORY IN THE SPACE 4-8 BELOW.**

A=1 B=2 C=3 D=4 F=5

FAITH **GRADE** _____ **NUMBER** _____

1. 1 hour of quiet time in a church once per week
2. Attend church services weekly or daily
3. One chapter of the bible every day (start with the Gospel)
4. _____
5. _____
6. _____
7. _____
8. _____

Family **GRADE** _____ **NUMBER** _____

1. One hour per week of one on one carefree timelessness with each family member
2. Take your spouse or significant other on a date once per week.
3. No tech Tuesday
4. _____
5. _____
6. _____
7. _____
8. _____

**TRANSFER YOUR GRADE FROM EACH CATEGORY TO THIS PAGE.
TRANSFER THE LIFE ENRICHMENT GOALS FROM EACH CATEGORY IN THE SPACE 4-8 BELOW.**

A=1 B=2 C=3 D=4 F=5

FASTING GRADE _____ NUMBER _____

1. Drink water only (eat food too, but no other drinks) except?
2. 100% Grain free, dairy free, or gluten free eating
3. Only 1 hour per week of TV or leave your cell phone off when you get home
4. _____
5. _____
6. _____
7. _____
8. _____

FITNESS GRADE _____ NUMBER _____

1. 30 minute walk or jog every day
2. 10 minute work out every day (Squats, pushups and planks)
3. Deck of cards workout pushups and crunches daily
4. _____
5. _____
6. _____
7. _____
8. _____

**TRANSFER YOUR GRADE FROM EACH CATEGORY TO THIS PAGE.
TRANSFER THE LIFE ENRICHMENT GOALS FROM EACH CATEGORY IN THE SPACE 4-8 BELOW.**

A=1 B=2 C=3 D=4 F=5

FINANCE GRADE _____ NUMBER _____

1. Offering of 1 hour pay per week
2. Open a savings account and deposit _____ each week for a family trip!
3. Evaluate wants vs. needs with each purchase
4. _____
5. _____
6. _____
7. _____
8. _____

FUN GRADE _____ NUMBER _____

1. Random Acts of Kindness every day
2. Write a letter each week to someone who has greatly impacted your life
3. Say yes to your children more often
4. _____
5. _____
6. _____
7. _____
8. _____

Consolidating Your Commitments

Step 1: Transfer Your Commitments to a Single Page

- Begin by transferring all the commitments you've identified and circled from previous sections onto the following page in this workbook. These commitments are the result of your own reflection and self-grading, tailored to meet your specific goals.

Step 2: Understand Your Commitments

- The commitments you've chosen represent self-customized challenges that you've selected based on thorough self-reflection. It's important to approach these commitments holistically, aiming to enhance one aspect of your life without detracting from another. For instance, improving financial habits should not diminish the fun in your life, nor should increasing physical fitness take away from family time.

Step 3: Use the Awesomization Algorithm

- Through the Awesomization algorithm, you've taken a detailed inventory and introspection of how you're performing in each life category. This method allows you to be the expert of your own life, making informed decisions under the guidance of God's grace. Instead of adopting generic expert advice, you are choosing what's best for you.

Step 4: Customize Your Commitment Load

- Depending on your self-assessed grades, the number of commitments will vary by category. For example, you might choose three commitments in the 'Faith' category while a friend participating in the same program might choose only one. This individualized approach ensures that you are working towards becoming the best version of yourself in a balanced and effective manner.

Final Goal: Live Your Awesome Life

- The ultimate aim of these steps is to enable you to live up to your ideals and become the best version of yourself. This is about living your 'Awesome Life,' where personal improvements are made without compromising the quality of any part of your life.

Accountability Sheet

Name: _____ Cell Phone: _____

FAITH

1. _____
2. _____
3. _____
4. _____
5. _____

FAMILY

1. _____
2. _____
3. _____
4. _____
5. _____

FASTING

1. _____
2. _____
3. _____
4. _____
5. _____

Take a picture of this accountability sheet and send it to your accountability partner.

WHETHER YOU THINK YOU CAN OR YOU THINK YOU CAN'T, YOU'RE PROBABLY RIGHT!

HENRY FORD

Weekly Progress Tracking

To effectively monitor your progress throughout the 40 Day Awesome Life Challenge, use the following format to grade your performance weekly in each of the key categories. This will help you stay committed and observe how you are advancing towards your goals.

Instructions: Each week, reflect on your completion of the commitments in each category and assign a grade based on how well you think you adhered to your set goals.

- A - Excellent (Fully met all commitments)
- B - Good (Met most commitments)
- C - Average (Met some commitments)
- D - Below Average (Met few commitments)
- F - Poor (Did not meet commitments)

Weekly Grades:

Week 1:

- Faith: _____
- Family: _____
- Fasting: _____
- Fitness: _____
- Finance: _____
- Fun: _____

Week 2:

- Faith: _____
- Family: _____
- Fasting: _____
- Fitness: _____
- Finance: _____
- Fun: _____

Week 3:

- Faith: _____
- Family: _____
- Fasting: _____
- Fitness: _____
- Finance: _____
- Fun: _____

Week 4:

- Faith: _____
- Family: _____
- Fasting: _____
- Fitness: _____
- Finance: _____
- Fun: _____

Week 5:

- Faith: _____
- Family: _____
- Fasting: _____
- Fitness: _____
- Finance: _____
- Fun: _____

Week 6:

- Faith: _____
- Family: _____
- Fasting: _____
- Fitness: _____
- Finance: _____
- Fun: _____

This structured approach allows you to clearly see your weekly progress and make adjustments as needed to ensure you are living your Awesome Life to the fullest.

Some Final Thoughts

Changing your behavior alone won't bring lasting results. True transformation comes from changing your belief system. Believe that the changes you're committing to will bring greater benefits than the temporary comfort of staying the same. Remember, your greatest achievements likely stemmed from overcoming your greatest challenges.

"I grew so much through that process and it was so easy; someone else did all the work for me while I sat around and reaped the benefits." - SAID NO ONE EVER...

Children do what feels good; adults create a plan and follow it. Plan your work and work your plan. If you keep doing what you've always done, you'll keep getting what you've always got.

Three Tips for Success:

1. **Stay Accountable:** Each week, reach out to your accountability partner and share your progress.
2. **Remember Your Why:** Daily, revisit your reasons for these changes. Read your notes on how these changes will improve your life.
3. **Seek Strength:** Pray for God's strength to sustain you through the 40 days and track your progress.

Ephesians 3:16-19

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Day 41 and Beyond: Integrating Changes into Your Life's Culture

Congratulations on completing The Awesome Life Challenge! I hope that the last 40 days have been transformative, propelling you towards becoming the best version of yourself and living an authentically awesome life. As you move beyond this structured challenge, the next step is crucial for maintaining the momentum you've built.

Reflective Review: Take a moment to reflect on all the commitments you've undertaken in each category throughout the challenge. Consider which ones have profoundly impacted your daily living and personal growth.

THE ONE THING. Select Sustainable Commitments: Identify one commitment from each category—Faith, Family, Fasting, Fitness, Finance, and Fun—that you feel has significantly enriched your life. Choose commitments that you believe should become permanent features of your life's culture, those that you cannot imagine abandoning. These are the practices that have provided substantial benefits, both tangible and intangible, and are now essential for your continued growth and happiness.

Document Your Core Commitments: Below, list the chosen commitment from each category. These selected actions or mindsets will be the ones you aim to sustain as ongoing elements of your everyday life, ensuring they become ingrained within your life's culture:

Faith: _____

Family: _____

Fasting: _____

Fitness: _____

Finance: _____

Fun: _____

Continuing the Journey with the Awesome Life Program: The Awesome Life program is designed to be revisited. You are encouraged to do the challenge again and again, as each time will provide new insights and opportunities for growth. Each round helps you grow closer to your God-given potential. The Awesomeization Algorithm will continue to serve as a powerful strategy to advance your potential and help you maintain your Awesome Life. Embrace these commitments as foundational pillars that enhance and define your life's culture.