



redrockchurch

The Future You Twenty-One Day Journal

Welcome **Do you have a vision for
the future you?**

**Do you know where you
are going?**

**Do you know who you
are becoming?**

This 21-day journal will help you answer those questions and design your day with practical steps to help you get there. It's time to become who God made you to be. It is time to see yourself the way He does and live like you believe it's true. Endless potential is already in you, and His promise is that He is with you and for you.

For the next three weeks, we will be doing three things every single day:

- *Praying*
- *Fasting*
- *Journaling*

We are creatures of habit, and the goal for these next three weeks is to establish healthy rhythms we can carry with us for the rest of the year.

Who do you want to become? Because before you can get there, you have to start here. You may have a long way to go, but today is the perfect day to start—the future you will say, “thank you”.

Pick a Fast

Fasting is withholding from something we want so we can set our minds and attention on God. Food is an important part of life, but Scripture is full of invitations to go without it for a period of time to connect with God and be more mindful of our reliance on him.

Fasting for the next 21 days will enhance your experience as you fill out this journal. Read through the various fasts and decide which is right for you. If you don't feel comfortable fasting from food for any reason, the final option (the soul fast) is for you.

Complete Food Fast

In this fast, you drink only liquids. Drink a lot of water, and then add in juice and shakes as needed (Matthew 6:16-18)

Partial Food Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food for a certain period of time each day. For example, you can choose to skip a certain meal or abstain from eating until sunset (Judges 20:26, 2 Samuel 3:35).

Selective Food Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food (Daniel 10:3).

Soul Fast

A soul fast is choosing something other than food to abstain from. If you don't have much experience fasting from food, have health (or other) issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance, this is a great option for you. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast (1 Corinthians 7:35).

Make the Commitment

This journal belongs to: _____

Today's date is: _____

For the next 21 days, I will be doing a _____ fast.

During this fast I am praying for:

For the next three weeks I will journal, pray, and fast every day!

Signature: _____

Vision for the Future

Who do you want to be in three months? How about a year? Five years? In order to know where to start, you have to have vision for where you want to go. The next three pages give you space to dream about the future you. Over the next twenty-one days, fill these three pages in with as much detail as you can.

How to Use This Journal

Start each day by finding a quiet place to sit down for ten minutes and fill out your daily exercise.

There are four sections:

Gratitude Life can be stressful, but when you start each day with gratitude, you are deciding to trust in and focus on God's provision over your problems. Gratitude shifts your perspective; it takes what you have and makes it enough, regardless of your circumstances.

Vision What is your vision for your future self? Scripture says, "Where there is no vision, the people perish" (Proverbs 29:18). Every day, this journal challenges you to write out three statements that describe who you want to be in the future.

Who do you want to be?
(Generous? Empathetic? Joyful? Loving?)

What do you want to be doing?
(Running a business? Raising a family? Retiring?)

Why are you doing what you are doing?
(What motivates you to do what you do?)

Action We often overestimate how much we can get done in a day and underestimate how much we can get done in three weeks. The key is consistency in the same direction. This section invites you to write down a small step you will take today to help move you toward your vision of your future self.

Prayer Prayer is the best way to put down our agenda and trust God. End your time of journaling by writing out a prayer for your day.

7

Example Number One

Gratitude *1. My family. I'm grateful to have people in my life and my circle who I love.*
Today, 2. My job. Even though it's stressful at times, I'm thankful I have a job
I am that supports my family.
grateful 3. My dinner plans. I'm grateful to have something fun
for: (good food with good friends) to look forward to tonight.

Vision Who do I want to be?
In the The future me is a joyful person who always has enough time
future: for the people I love.

What do I want to be doing?
The future me is running a coffee shop that creates space for people
to have meetings or hang out.

Why do I want to be doing it?
I want to use the gifts God has given me to make a difference in this world
and make heaven more crowded.

Action Today, I will:
Reach out to one potential future mentor and ask them to grab coffee.

Prayer *God, I have so much to be grateful for. Thank you for promising*
to provide everything I need and go with me every step of the way.
As I go throughout my day, please continue to show me who you
created me to be and give me the strength to take my action step!
In Jesus' name. Amen.

Example Number Two

Gratitude *1. My community. I'm thankful for my circle and the people in my life who*
Today, push me to be the person God created me to be.
I am 2. My church. I'm grateful to be a part of a church that is changing
grateful the world.
for: 3. My health. It's easy to take my health for granted on days
when I'm feeling good.

Vision *Who do I want to be?*
In the The future me is a calming and non-anxious presence in every room I
future: walk into. I'm not rushed, hurried, or worried because I know God is
walking with me.

What do I want to be doing?
The future me listens way more than I speak.

Why do I want to be doing it?
At the end of the day, the relationships in my life are the things that
matter most to me. Everything else I do is to make room for the people
I am close with.

Action *Today, I will:*
Spend my lunch break praying instead of eating and use that money
to help someone in need.

Prayer *Father, thank you for another day. I pray that you bless Red Rocks*
Church this week and that people at every campus will experience
your love and freedom. Continue to give me a vision for my future self
and the strength to take steps in the right direction this week.
In Jesus' name. Amen.

9

Daily Checklist

Day 1:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 2:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 3:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 4:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 5:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 6:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 7:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 8:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 9:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 10:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 11:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 12:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 13:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 14:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 15:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 16:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 17:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 18:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 19:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 20:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>
Day 21:	<input type="checkbox"/> <i>Pray</i>	<input type="checkbox"/> <i>Fast</i>	<input type="checkbox"/> <i>Journal</i>

Day 1

Date:

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**Have I not commanded you? Be strong and courageous.
Do not be afraid; do not be discouraged, for the LORD
your God will be with you wherever you go.**

Joshua 1:9

Day 2

Date:

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**And we know that in all things God works for the
good of those who love him, who have been called
according to his purpose.**

Romans 8:28

Day 3

Date:

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**Do nothing out of selfish ambition or vain
conceit. Rather, in humility value others
above yourselves.**

Philippians 2:3

Day 4

Date:

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**For I am the Lord your God who takes
hold of your right hand and says to you,
Do not fear; I will help you.**

Isaiah 41:13

Day 5

Date:

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**May the God of hope fill you with all joy and peace
as you trust in Him, so that you may overflow with
hope by the power of the Holy Spirit.**

Romans 15:13

Day 6

Date:

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**Humble yourselves, therefore, under God's
mighty hand, that he may lift you up in due time.**

1 Peter 5:6

Day 7

Date:

Gratitude

*Today,
I am
grateful
for:*

Day 7

Vision

Who do I want to be?

*In the
future:*

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**So do not fear, for I am with you; do not be dismayed,
for I am your God. I will strengthen you and help you;
I will uphold you with my righteous right hand.**

Isaiah 41:10

What do I feel like God has taught me this week?

What is one pattern I noticed in my gratitude lists this week (family, job, health, etc.)? Take a moment and thank God for that thing.

How did I get closer to becoming the future self I want to be this week?

What lessons did I learn this week that will help me next week?

Day 8

Date:

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Revelation 21:4

Day 9

Date:

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Chronicles 7:14

Day 10

Date:

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:33

Day 11

Date:

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**Trust in the Lord with all your heart and
lean not on your own understanding.**

Proverbs 3:5

Day 12

Date:

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**But seek first his kingdom and his
righteousness, and all these things will
be given to you as well.**

Matthew 6:33

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**That is why, for Christ's sake, I delight in weaknesses,
in insults, in hardships, in persecutions, in difficulties.
For when I am weak, then I am strong.**

2 Corinthians 12:10

Week in Review

What do I feel like God has taught me this week?

What is one pattern I noticed in my gratitude lists this week (family, job, health, etc.)? Take a moment and thank God for that thing.

How did I get closer to becoming the future self I want to be this week?

What lessons did I learn this week that will help me next week?

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**For the Spirit God gave us does not make us timid,
but gives us power, love and self-discipline.**

2 Timothy 1:7

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**Being confident of this, that he who began a
good work in you will carry it on to completion
until the day of Christ Jesus.**

Philippians 1:6

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**The Lord is my shepherd,
I lack nothing.**

Psalms 23:1

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**The righteous cry out, and the Lord
hears them; he delivers them from all
their troubles.**

Psalm 34:17

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**Greater love has no one than this: to
lay down one's life for one's friends.**

John 15:13

Gratitude

Today,
I am
grateful
for:

Vision

Who do I want to be?

In the
future:

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.

Deuteronomy 31:6

Gratitude

Today,
I am
grateful
for:

Vision

In the
future:

Who do I want to be?

What do I want to be doing?

Why do I want to be doing it?

Action

Today, I will:

Prayer

**But those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not
grow weary, they will walk and not be faint.**

Isaiah 40:31

21-Day Review

What do I feel like God taught me during these three weeks?

What is one pattern I noticed in my gratitude lists over the last 21 days (family, job, health, etc.)? Take a moment and thank God for that thing.

How did I get closer to becoming the future self I want to be this journey?

What is one new change I will implement into the rest of my year?
