

Plan new and exciting ways to improve your relationships with friends, parents, God—and yourself! Start new! Start now!

NEW & IMPROVED! Relationship With God!

- Say a prayer the moment your alarm goes off.
- Set aside time each day to read one small portion of scripture. It only needs to take five minutes.
- Pray for each member of your family. Then let each of them know you're praying for them.
- Pray a prayer of thanks each day for something you've never given thanks for before. Keep track of your thanksgivings in a special notebook.
- Get involved in a Bible study.
- Imagine God wants to spend time with you just like any other friend does. Treat God like you'd treat your best friend.
- Add your own: _____

NEW & IMPROVED! Relationship With Yourself!

- Smile at yourself when you look in a mirror.
- Treat yourself to a balanced schedule. Don't overdo it. Say no to extra commitments if you have to.
- Concentrate on ways to improve your body. Plan to sensibly lose or gain weight, exercise, wash your hair, brush and floss your teeth, try a new remedy for a poor complexion.
- Save money for a new album or article of clothing you've always wanted.
- Be kind to your body by not abusing drugs, alcohol or sex.
- Be realistic and gentle with yourself when you don't win or succeed. Being too hard on yourself can be dangerous.
- Add your own: _____

NEW & IMPROVED! Relationships With Parents!

- Say (out loud, to their faces) "I love you, Mom" and "I love you, Dad."
- Look for the good in your parents. Instead of the bad.
- Without being asked to, clean your room or another part of the house.
- Listen to your parents without saying "Yes, but..."
- Tell your friends something you appreciate about your parents. Then tell your parents what you said.
- Without being told to, return the car with a full tank of gas.
- Get up extra early and prepare breakfast. Serve it to your parents in bed.
- Think of one thing your parents would like you to do. Then do it.
- Add your own: _____

NEW & IMPROVED! Relationships With Friends!

- Get a special calendar and write a different person's name on each week. Celebrate those people by praying for them, calling to say hi, writing notes or surprising them with small gifts. (Don't forget grandparents, teachers, friends from your past.)
- Splurge and buy a daisy bouquet. Then attach a special note and deliver it to a friend.
- Tie a bow around your friend's car's steering wheel to say "I'm tied up this afternoon, but how about getting together later tonight?"
- Set aside one hour to listen to someone who needs to talk.
- Go to McDonald's for a meal with a friend. Offer to buy.
- Offer a ride to someone who's unable to get around.
- Clean your closet and give away the clothes you don't need.
- Add your own: _____