



1 Year Transformation Plan

A Plan for Building Bounce in 2021

1. Daily Activities

a. 30-minute Quiet Time

- i. 5 minutes of gratitude
- ii. 10 minutes of Immanuel prayer
- iii. 15 minutes in the Bible

b. 5-minute Appreciation two more times each day

i. BEST quieting practices

1. Breathe
2. Exaggerate
3. Soothe
4. Tense/Release

ii. GAMES appreciation practices

1. Gratitude
2. Anticipation
3. Memories
4. Experiences
5. Singing

2. Weekly Activities

- a. Extra time in the Bible one day each week
- b. Extended prayer one day each week

3. Quarterly Retreats

- a. 1 Full day retreat
- b. 2 Half day retreats
- c. A 2-day retreat (or longer)

4. What else?

For more: Visit DeeperWalkInternational.org/one-year-transformation-plan