



## *The Saved and Blessed University*

# GOOD, BETTER - BEST!!!

## FORM

1

What attitude attribute do you want to change in yourself today and why?

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Action  
part

1

For one hour lookup bible verses that will help you change your negative attitude attribute that you want to change or improve and write the bible verses below. ( You can look up as many as you want and you may use google to find the bible verses)

*1 hour bible study:*

Done: \_\_\_\_\_ Date: \_\_\_\_\_ Or Pending: \_\_\_\_\_ New commitment date: \_\_\_\_\_

**Bible  
verse**

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**Bible  
verse**

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**Bible  
verse**

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**Bible  
verse**

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**Bible  
verse**

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**Bible  
verse**

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Action part  
**2**

Pick your 3 favorite bible verses you wrote done today ( The ones that you believe will help you with the change in yourself ( With God’s help of course ☺ ) that you are looking for and write them down below.

**FAVO Bible verse**

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**FAVO Bible verse**

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**FAVO Bible verse**

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Action part  
**3**

Set a calendar appointment in your phone 3 times a day for 15 minutes to pray and/or worship and focus on your 3 bible verses

**1 week ( 7 days) 3 times a day 15 minutes Calendar appointments:**

Done: \_\_\_\_\_ Pending: \_\_\_\_\_ Not Done: \_\_\_\_\_

Action part  
**4**

During this week ( next 7 days) Learn your 3 bible verses by memory

Favo Bible verse 1 Done: \_\_\_\_\_ Date: \_\_\_\_\_

Favo Bible verse 2 Done: \_\_\_\_\_ Date: \_\_\_\_\_

Favo Bible verse 3 Done: \_\_\_\_\_ Date: \_\_\_\_\_

Action part 5

During your 15 minutes of praying and/or worship and focus on your 3 bible verses write down anything God brings to your mind or speaks to you or any challenges you are facing that is stopping you from changing your chosen attitude attribute

Write Down

Four horizontal lines for writing.

Write Down

Four horizontal lines for writing.

Write Down

Four horizontal lines for writing.

Action part 6

Pray and worship God once a day for 15 minutes about your (Write downs above) for 1 week (7 days) and see the changes God will do in your life and share in the SABU group app 1 day of changes.

Day 1 Done: \_\_\_\_\_ Date: \_\_\_\_\_ Day 5 Done: \_\_\_\_\_ Date: \_\_\_\_\_

Day 2 Done: \_\_\_\_\_ Date: \_\_\_\_\_ Day 6 Done: \_\_\_\_\_ Date: \_\_\_\_\_

Day 3 Done: \_\_\_\_\_ Date: \_\_\_\_\_ Day 7 Done: \_\_\_\_\_ Date: \_\_\_\_\_

Day 4 Done: \_\_\_\_\_ Date: \_\_\_\_\_ \*1 day SABU sharing Done: \_\_\_\_\_ Date: \_\_\_\_\_

**GOOD JOB!!! Remember God loves you much!!! Romy Ras**