

Dillon Guthrie

Mr. Taylor

Rel 200 c Eternal Families

6/16/23

Project 2 phase 3

My main goal is to get more closer to God by that of reading my scriptures and prayer. What I hope to accomplish is to have a better relationship with my Heavenly Father. The other thing I hoped to accomplish is that of getting a better attitude from now on. I have more been a pessimist than just being impatient with god's blessings and his timing for me. These are the things that I hoped would change and some would give me a better insight into the knowledge of school. Then I remember the most is that I should thank God for unanswered prayers for he knows what is best for his children.

The Second phase of this project of eating healthy and exercising was great, and I realized a lot of things about me. Some that I don't like at all such as being impatient with God's timing and lean on his ways not mine of understanding. Other things I have learned are that I don't like to workout and sometimes slip of eating healthy. Whenever I do eat unhealthy food sometimes I more stress eat and don't know how to successfully manage stress. Other great things I have learned are more of trusting his plan for me and it's never too late. With that of getting healthy changing bad habits and working out more.

The lessons I have learned about myself besides that is I have a long way to go to become the man Heavenly Father wants me to become. Another lesson I learned through this process is that growth of changing of a person more so even myself happens slow not fast. The third lesson is not having doubt but trust in his plan for me having faith it will work out. Another lesson I have learned is that what it takes to really accomplish a goal besides sacrifice constant prayer.

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The reason for this is so that Heavenly Father can strengthen me even when it's not a good day for me so that I can accomplish my goals for today.

My game plan is to wake up early, always saying a prayer full of thanks and asking for Heavenly Fathers strength to strengthen me throughout the day. Part two of the game plan is just do it whether I want to accomplish my goal being prayer or exercising. Realizing how far I came and giving myself grace to rise and readjust my attitude. Make reasons why I must continue to be a better person and not just stop once I accomplish my goals. For the reason God wants me and everyone of us at our best so that he can give the responsibilities to us to become better.

These are the things I have learned about myself as well a lot more than I thought I could learn about me. Extra thing that I learned about myself is I like to make excuses as to why I did not accomplish my goals for that day. Second Extra I learned is that I am not better or worse Than others for asking for help since sometimes I do need help. The last thing I learned is to be forever grateful for the trials Heavenly Father has given me. For other people do wish they had your trials and be grateful for the life I have. So I must always strive for more since God does want me happy and live a life full of happiness not sadness.