

Q2 2026

PURPOSE LIFE CHURCH

Transformational Habits

BUILT DIFFERENT. DAILY.

"...take up your cross daily, and follow me."

— Luke 9:23, NLT

WHAT THIS QUARTER IS ABOUT

Transformation is not a moment. It is a *lifestyle*.

As we have just stepped into Quarter Two, we have just experienced a breakthrough and some moments of growth in the first quarter. What we do after those high moments and after the mountaintop really determines whether we actually change.

This year's theme is **Transformed**. We started with a powerful fast as we were unforming. As Romans 12:2 says, we are being transformed by the renewal of our minds. We are now moving into Quarter Two where we are being intentional about transforming our habits into a lifestyle.

Starting April 26th, every Sunday is our Weigh-In Day — the moment you score your week honestly, share the number with your accountability person, and set your intention for the week ahead.

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." — Romans 12:2, NLT

4	10	16
HABITS	WEEKS IN Q2	SCORECARD PTS

"Moments start it. Habits sustain it."

Lock In Your First 20

Before your phone. Before the noise. Before anything else — give God the first 20 minutes of your day. Not when you feel like it. Every. Single. Day.

HOW WE ARE DOING THIS	MEASURE IT
<ul style="list-style-type: none">❖ 10 min: Read one scripture and reflect❖ 10 min: Prayer and stillness before God❖ Take the first time — not the next time❖ Declare transformation over your family and day❖ Pray scripture aloud — let it become your vocabulary	<ul style="list-style-type: none">❖ Goal: 5 of 7 days per week❖ Track daily — Yes or No❖ Log every Sunday at Weigh-In❖ Worth 0 to 5 points on the scorecard❖ Share one thing God said with your accountability person

"If you don't control your start, your day will control you."

HABIT 02 PERSONAL

Cut One, Replace One

Name the one habit limiting your growth and deliberately replace it with something life giving. One thing. Daily. Invite God into what you are building.

CHOOSE YOUR RESET CATEGORY (pick one):

Impulse Spending Reset	No nonessential online purchases. A 30-day pause before anything extra.
Digital Discipline Reset	No scrolling before 9AM or after 9PM. Remove one high distraction app.
Consumption Reset	No TV or streaming Monday through Thursday. Replace with reading, journaling, or reflection.

REPLACE IT WITH ONE HABIT:

Reading (10 pages daily), journaling, prayer walks, or skill building. Consecrate the new habit to God on day one. Ask Him to fill the space the old habit left behind.

"You don't break cycles by removing. You break them by replacing."

HABIT 03 PHYSICAL

Move With Dominion

This is not just about steps. It is about discipline, faith in motion, and territorial intercession. As you walk, you pray. As you move, you declare. Your body moving with intention is an act of spiritual dominion.

STARTER	BUILDER	LOCKED IN
6,000	8K to 10K	10,000+
steps per day 5 days per week	steps per day 5 days per week	steps per day 5 to 6 days per week

THE FAITH DIMENSION

As you walk your neighborhood, pray for every household you pass. Believe for transformation in families, marriages, and students.

Once a week, walk around one of our ministry sites — Harlem, the Bronx, Brooklyn, Queens, or Belize — and ask God for expansion. Declare that this territory belongs to the Kingdom. This is intercession in motion.

Bonus: One 30 to 60 minute prayer walk per week. Let your movement become your ministry.

"When your body moves with faith, territory shifts."

HABIT 04 RELATIONAL

Don't Drift. Check In.

One person. Ten to fifteen minutes. Three questions. Every single week. You were never designed to build this life alone — and the enemy knows it.

THE 3 QUESTIONS TO ASK EVERY WEEK

- 01** Where were you consistent this week?
- 02** Where did you fall short and what was the real reason?
- 03** What is your one focus for next week?

THE FAITH DIMENSION

End every check-in with prayer. Stand in agreement over what God is building in your person's life. Declare it aloud. Speak life over their family, their work, and their faith. This is not just accountability — it is intercession.

"You don't drift forward. You drift off."

THE WEEKLY SCORECARD

This is the *game changer*.

Every Sunday is your Weigh-In Day starting April 26th. Score yourself honestly out of 16. Then show up harder next week.

HABIT	HOW IT IS SCORED	POINTS
First 20	1 point per day completed. Max 5.	0 to 5
Cut and Replace	1 point per day you chose the replacement. Max 5.	0 to 5
Move With Dominion	1 point per movement day. Max 5.	0 to 5
Check-In Done	Did you complete your accountability check-in?	0 to 1
TOTAL		16

SCORE	TIER	WHAT IT MEANS
13 to 16	LOCKED IN ■	You are building. Keep the streak alive.
9 to 12	GROWING ■	You know where the gap is. Close it.
5 to 8	INCONSISTENT	Something is getting in the way. Find it.
0 to 4	RESTART	Not a failure — a reset. Begin again Monday.

SUNDAY WEIGH-IN

Every Sunday. No exceptions.

The scorecard only works if you fill it out. Every Sunday evening before midnight — score your week honestly. Five minutes. Every Sunday. Starting April 26th. These five minutes separate the people who say they want to change from the people who actually do.

WHEN	HOW
<ul style="list-style-type: none">❖ Every Sunday evening — starting April 26th❖ Before midnight — no exceptions❖ Log on the website or fill in this booklet❖ Share your score with your accountability person	<ul style="list-style-type: none">❖ Be honest — no one benefits from a fake score❖ Circle the days you completed each habit❖ Answer the three reflection questions❖ Set your one intention for the week ahead

REFLECTION QUESTIONS — EVERY SUNDAY NIGHT

- 01** Where were you consistent this week — not where you tried, but where you actually showed up?
- 02** Where did you fall short and what was the real reason behind it?
- 03** What is your one focus for next week?

WEEK 1 — SUNDAY WEIGH-IN

MY SCORE	DATE	TIER
_____ / 16	___ / ___ / ___	_____

HABIT	CIRCLE EACH COMPLETED DAY	PTS
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	YES NO	___ / 1
TOTAL		___ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

WEEK 2 — SUNDAY WEIGH-IN

____ / 16	____ / ____ / ____	_____

HABIT	CIRCLE EACH COMPLETED DAY	PTS
	M T W Th F Sa Su	____ / 5
	M T W Th F Sa Su	____ / 5
	M T W Th F Sa Su	____ / 5
	YES NO	____ / 1
TOTAL		____ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

WEEK 3 — SUNDAY WEIGH-IN

_____ / 16	____ / ____ / ____	_____
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HABIT	CIRCLE EACH COMPLETED DAY	PTS
First 20	M T W Th F Sa Su	____ / 5
Cut and Replace	M T W Th F Sa Su	____ / 5
Move With Dominion	M T W Th F Sa Su	____ / 5
Check-In Done	YES NO	____ / 1
TOTAL		____ ____ / 16

REFLECTION

WEEK 4 — SUNDAY WEIGH-IN

_____ / 16	____ / ____ / ____	_____
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HABIT	CIRCLE EACH COMPLETED DAY	PTS
First 20	M T W Th F Sa Su	____ / 5
Cut and Replace	M T W Th F Sa Su	____ / 5
Move With Dominion	M T W Th F Sa Su	____ / 5
Check-In Done	YES NO	____ / 1
TOTAL		____ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

WEEK 5 — SUNDAY WEIGH-IN

MY SCORE	DATE	TIER
_____ / 16	___ / ___ / ___	_____

HABIT	CIRCLE EACH COMPLETED DAY	PTS
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	YES NO	___ / 1
TOTAL		___ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

WEEK 6 — SUNDAY WEIGH-IN

____ / 16	____ / ____ / ____	_____

HABIT	CIRCLE EACH COMPLETED DAY	PTS
	M T W Th F Sa Su	____ / 5
	M T W Th F Sa Su	____ / 5
	M T W Th F Sa Su	____ / 5
	YES NO	____ / 1
TOTAL		____ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

WEEK 7 — SUNDAY WEIGH-IN

_____ / 16	____ / ____ / ____	_____
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HABIT	CIRCLE EACH COMPLETED DAY	PTS
First 20	M T W Th F Sa Su	____ / 5
Cut and Replace	M T W Th F Sa Su	____ / 5
Move With Dominion	M T W Th F Sa Su	____ / 5
Check-In Done	YES NO	____ / 1
TOTAL		____ ____ / 16

REFLECTION

WEEK 8 — SUNDAY WEIGH-IN

_____ / 16	____ / ____ / ____	_____
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HABIT	CIRCLE EACH COMPLETED DAY	PTS
First 20	M T W Th F Sa Su	____ / 5
Cut and Replace	M T W Th F Sa Su	____ / 5
Move With Dominion	M T W Th F Sa Su	____ / 5
Check-In Done	YES NO	____ / 1
TOTAL		____ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

WEEK 9 — SUNDAY WEIGH-IN

MY SCORE	DATE	TIER
_____ / 16	___ / ___ / ___	_____

HABIT	CIRCLE EACH COMPLETED DAY	PTS
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	YES NO	___ / 1
TOTAL		___ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

WEEK 10 — SUNDAY WEIGH-IN

MY SCORE	DATE	LOCATION
_____ / 16	____ / ____ / ____	_____

HABIT	CIRCLE EACH COMPLETED DAY	PTS
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	M T W Th F Sa Su	___ / 5
	YES NO	___ / 1
TOTAL		___ / 16

REFLECTION

Where I was consistent:

Where I fell short:

My focus for next week:

This is not about doing everything.

It is about doing something consistently enough that your life finally starts to reflect what you say you believe. You don't need more ideas. You need a system. You don't need another moment. You need a rhythm.

"What you don't replace, you will return to."

"You don't drift into transformation. You train into it."

*Make it make sense.
Built daily. Not occasionally.*