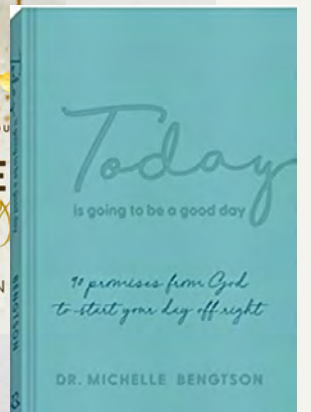


EVERY DAY



is a good day!

with Janell Rardon &
Dr. Michelle Bengtson



Welcome!



Dr. Michelle

Janell

We are so glad you are up for this 7-day "Every Day is a Good Day," challenge. Be sure to find us on Instagram & Facebook (see next page), for free giveaways and goodies! Order Michelle's new book, "Today is Going to Be a Good Day," to use during the challenge! Ready? Let's go!

Here's the Plan:

CONNECT WITH
US ON IG!

Follow @janellrardon
and
@drmichellebengtson

1



2

Follow us on
Facebook so
you can post
your GOOD
DAYS!

Janell Rardon on FB

Dr. Michelle Bengtson on FB

3

EYES OPEN

Look for GOOD
THINGS in your
day!



CELEBRATE

Join our little
celebration on
our FB LIVE!

5



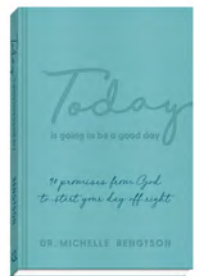
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KEEP A RECORD

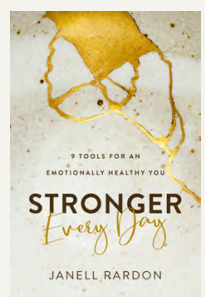
Write your
good things
on the next
pages.

Excerpts

Today is going to be a good day because God is not finished working in our circumstances. The Enemy of our soul wants us to focus on our faults, mistakes, and stumbles. But ultimately, what the Enemy wants to use for evil, God promises he will work for good and will bring beauty from our ashes. If we looked at the back side of a beautiful tapestry, we would see knotted, loose threads that end up as a gorgeous piece of art. We tend to focus on the ugly pieces of our life, but like the front of that tapestry, our lives reflect God's glorious hand at work. What you currently see in your life is only one part of what will be his beautiful masterpiece. And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.
(Rom. 8: 28)



In "Pursue Meaning instead of Happiness," authors Emily Esfahani Smith and Jennifer Aaker help us understand the concept of eudaimonia: The distinction between happiness and meaningfulness has a long history in philosophy, which for thousands of years has recognized two forms of wellness—hedonia, or the ancient Greek word for what behavioral scientists call happiness, and eudaimonia, or what they call meaningfulness. The happy life is defined by seeking pleasure and enjoyment, whereas the meaningful life is bigger . . . connecting and contributing to something beyond the self, which could be your family, your work, nature, or God. . . . The meaningful life is often characterized by stress, effort, and struggle. . . . When people say their lives are meaningful, . . . it's because they feel their lives have purpose, coherence, and worth. 3



The 7-Day Challenge

1

2

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."

-Genesis 50:20

3



4



"We are confident that God is able to orchestrate everything to work toward something good and beautiful when we love Him and accept His invitation to live according to His plan."

-Romans 8:28, The Voice

5



6



"Every good gift bestowed, every perfect gift received comes to us from above, courtesy of the Father of lights. He is consistent. He won't change His mind or play tricks in the shadows. "

-James 1:17, The Voice

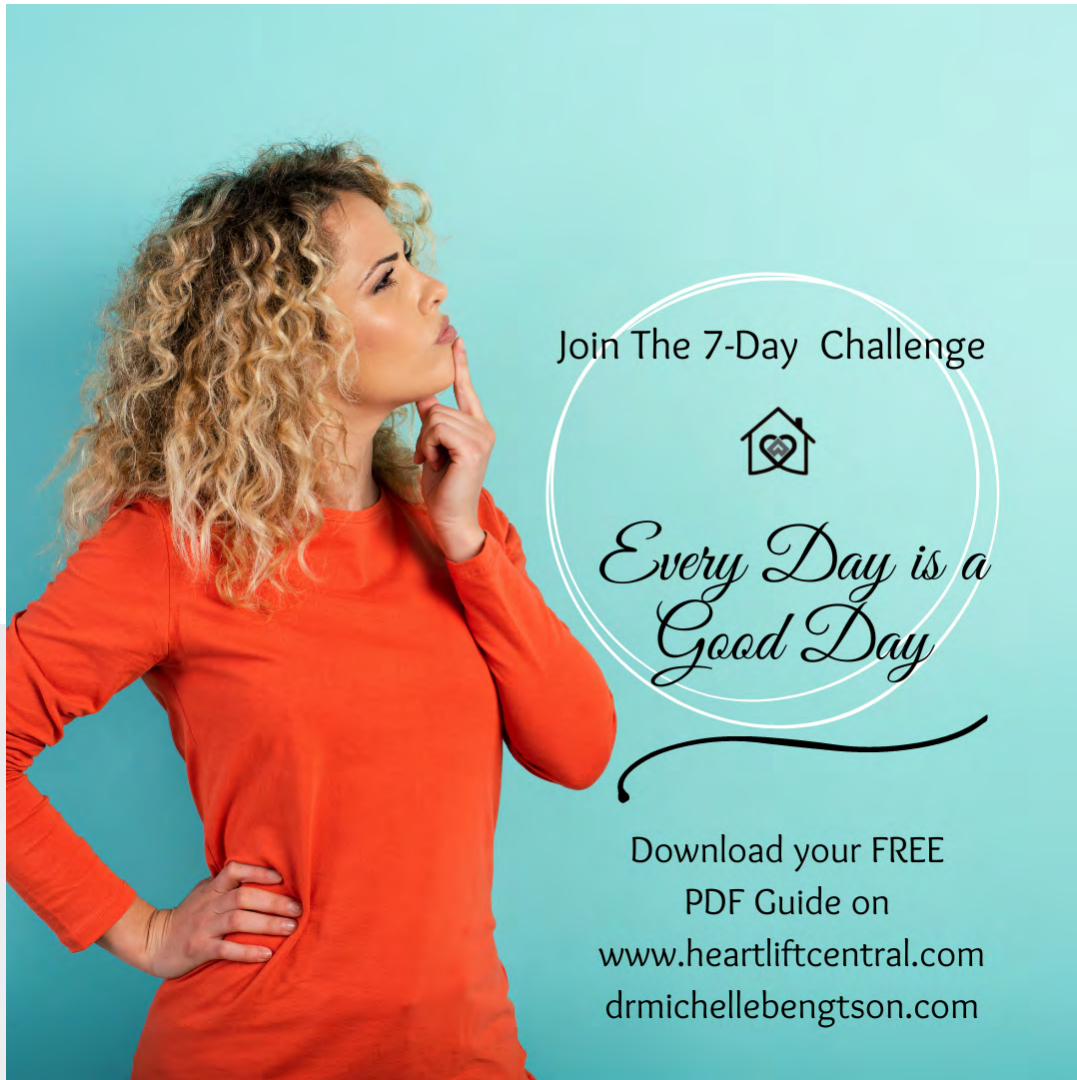
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Thoughts?


"So let me remind you of the Eternal's enduring love, and why we should praise Him. Let me tell you again how the Eternal gives and gives and gives. All God's wonders and goodness are done for Israel's benefit according to His great mercy and compassion.

-Isaiah 63:7, The Voice

Share with Your Friends & Family!



Join The 7-Day Challenge



*Every Day is a
Good Day*

Download your FREE
PDF Guide on
www.heartliftcentral.com
drmichellebengtson.com

"Although you haven't seen Jesus, you still love Him. Although you don't yet see Him, you do believe in Him and celebrate with a joy that is glorious and beyond words."

1 Peter 1:8, The Voice

GOD IS GOOD.

Genesis 50:20

So, how did your 7-day challenge go? We hope you discovered that looking for the good in your everyday life actually made your day better. Let's commit to making this a daily practice in our lives.

Blessings and Peace,

Janell & Michelle

Be sure to connect with us on Instagram:

[@drmichellebengtson](#)

[@janellrardon](#)

Above all else, we must always remember that God is good. Sometimes good is disguised in some really tough places and spaces and we have to resolve to find it. It's okay to feel all the feels while you are looking for the good. Cry. Scream. Wrestle. But, don't give up. Feed your soul and spirit with God's Word and surround yourself with HIS light and love.

