

Eat less/Eat better

"I have not departed from the commandment of his lips; I have treasured the words of his mouth more than my portion of food."

-Job 23:12

"What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them."

-Matthew 15:11

Spend more time in prayer and reading the Bible

"Teach [my commandments] to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up."

-Deuteronomy 11:19

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

-Joshua 1:8

"And when you pray, do not keep babbling like pagans, for they think they will be heard because of their many words."

-Matthew 6:7

Speak better (less swearing, less yelling, etc.)

"Deliver me, O Lord, from lying lips, from a deceitful tongue."

-Psalm 120:2

"There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing."

-Proverbs 12:18

"Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great things."
-James 3:4-5

Live more healthfully

"In vain you rise up early and stay up late, toiling for food to eat - for [the Lord] grants sleep to those he loves."
-Psalm 127:2

"All you need to say is simply, 'Yes' or 'No.'"
-Matthew 5:37

"Therefore, I tell you, do not worry about your life...Who of you by worrying can add a single hour to your life? Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these."
-Luke 12:22, 25, 27

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own."
-1 Corinthians 6:19

Treat others better (be kinder to spouse, family, co-workers, etc.)

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires."
-Galatians 5:22-24

"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves."
-Philippians 2:3