

3. Rate yourself on a scale of 1-10 where you currently are. Then decide where you want to be and the daily decisions that will get you there. Only start “action steps” with THREE areas initially.

Examples:

- ❖ Physical Health: 5 Goal: 7.5
- ❖ Time Frame: 60 Days
- ❖ Action Steps:
 - Drink more water
 - Sleep 7+ hours every night
 - Cut out all junk food / Eat healthier
 - Take a half hour walk every day
 - Consult a friend who's in great shape and ask them for tips

- ❖ Time Management: 4 Goal: 8
- ❖ Time Frame: 40 Days
- ❖ Action Steps:
 - Get up when the alarm goes off
 - Leave 10 minutes earlier for work each day
 - Set reminders on the phone
 - Daily make and review a task list for the day
 - Be at least 5 minutes early to every appointment



CHOICES

1. Statistics tell us the average person will make _____ life altering decisions in their lifetime.

Genesis 25:24-34

Genesis 25:29-32 Once when Jacob was cooking some stew, Esau came in from the open country, famished. 30 He said to Jacob, “Quick, let me have some of that red stew! I’m famished!” (That is why he was also called Edom.) 31 Jacob replied, “First sell me your birthright.” 32 “Look, I am about to die,” Esau said. “What good is the birthright to me?”

2. Shortsighted decisions today will lead to a road of _____ tomorrow.

3. We often exaggerate our present circumstances to _____ a bad decision.

4. Our current condition of life (spirit, soul, body) is a direct reflection of the _____ we have made from the day we were born.

1 Corinthians 6:12 (NIV) "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

(AMP) Everything is permissible for me, but not all things are beneficial. Everything is permissible for me, but I will not be enslaved by anything [and brought under its power, allowing it to control me].

(MSG) Just because something is technically legal doesn't mean that it's spiritually appropriate. If I went around doing whatever I thought I could get by with, I'd be a slave to my whims.

5. If your _____ decisions got you into the situation, your _____ decisions will get you out (of your current problems and crisis).

Deuteronomy 30:19 (NLT) Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live!

6. Life isn't defined by what happens to us but how we _____ to life.

7. We have to _____ it and fix it rather than _____ it or tolerate it.

CONDUCT A LIFE AUDIT

1. Make a list of your assets: Good habits & positive characteristics.

- Honesty
- Humor
- Optimism

2. Make a list of your liabilities: Bad habits and negative characteristics.

- Impatience
- Indecisiveness
- Being Overemotional

Possible life areas to audit:

- Audit how you spend your time
- Audit your spiritual life
- Audit your productivity
- Audit your habits
- Audit your character
- Audit your effectiveness
- Audit your skills
- Audit your education
- Audit your health
- Audit your finances
- Audit your fitness level
- Audit your relationships (marriage, family, and friends)
- Audit your living conditions (how clean and organized your home is, and how comfortable you feel in your home)
- Audit your creativity
- Audit how happy you are
- Audit your energy level
- Audit your career
- Audit your leisure time
- Audit how well you're doing in terms of achieving your major life goals
- Audit how much fun you're having