



4 WAYS TO MAKE THIS YEAR YOUR BEST YEAR EVER!

Week #4

Here we go! The last way that you can make this year awesome! And that #4 way is to KEEP GOING!

I couldn't spend as much time as needed this month on the topic of goal setting but if you take these principles of preparation, focus, and movement (Ready.Set.Go) and add to that "momentum" (KEEP GOING) you should be able to achieve any goal you set for yourself.

I'll give an example of one I set for myself. I DECIDED I needed to do something different in order to succeed at my goals. So, I set myself a morning routine (preparation) to help move me along that path to success. After about 1-2 months I set a specific goal for the following month. EVERY single day I committed to doing that one thing. I did it for one month, writing what I learned, did, etc. in a journal. That prompted me to set bigger goals, put them in a vision journal (you can also do a vision board) and prayed over them & declared them every day. Out of about 10, 4-5 were fulfilled within 2 months! I wrote them down (like you did here -- GET READY), set deadlines (GET SET), and added an action plan on my part (GO), then prayed over them because God can do what I can't. I kept declaring them daily (momentum -- "KEEP GOING"), and they happened!

So, please, take the time to write down a desire/goal for this year to be your best year ever! Put some deadlines & an action plan to it (don't forget to pray over it in faith, believing) and watch God move on your behalf! I can't wait to hear your stories!

I'm going to give you a layout of how I did my goals so you can finish this race!

1st >> I made a DECISION for change and held on with tenacity. Even if I woke up late, got the details out of order, etc. I still kept moving towards my goal. I was persistent EVERY DAY!

Goal: Declutter My Home (I set a specific goal)

I pasted a picture like this



Deadline: 12-31-17 (I set an actually date of when I thought this was achievable. I then set details for each room)

Action Plan: Master Bedroom -- Tuesday 11-15-17 (I would sometimes write "I will clean 320" (1 room in 3, 20 minute increments -- to keep from being overwhelmed, or 3 rooms, 20 minutes each room if they were fairly decluttered already. I then check them off when finished).

Prayer/Scripture: 1 Cor. 14:40 -- My home will be decent and in order. (I would pray over it, declare it, and/or add scripture to support it).

Finish Line: 12-20-17 (I wrote down when I actually completed the goal -- this is very rewarding and encouraging and helps you in setting more goals and even BIGGER goals!)

And there you go! Take some time to really think about what would make your life great and then what would make this next year the most awesome ever! Then . . .

GET READY.

GET SET.

GO!

. . . and remember to KEEP GOING!