

# Reach Your Resolutions



With  
Cindy Rushton



## Your Action Plan...

*Take some time to work on these questions. It will really make a big difference in your year. Download the audios from this session. Grab a big cup of tea, a journal, and settle in with me. We are going to take action. Ready? Roll up your sleeves. Let's dig in!*

It's that time of year again!

It is a brand new year!

Are you ready for this new year or, are you a bit reluctant? Are you busting at the seams to kick off your new year or, are you just sick at the thought of yet another year? Are you reaching your resolutions or are they already a bust? Are there things that you would really like to see changed by January 2013?

TODAY is the day to make that commitment. If you sincerely want to see change, you have to begin today!

It is not too late! Don't let this NEW YEAR slip on by into another year gone by. My goal today is for us to pull away for a bit, look at our lives, look at resolutions (why they don't work, how to make them work), set NEW resolutions (reachable resolutions), and get moving strong into this New Year.

Have you been wanting a friend to come alongside of you and help you to kick off this year on the right track? Would you like to have a friend help you get a good look at where you have been, where you are, and where you want to go? Would you like someone who can help you set REACHABLE resolutions for this year? I can help, AND it is NOT too late! Let's reach our resolutions TOGETHER!

It is so easy to get caught up in the flurry of the holiday season. There is so much to do. There are so many demands. NO TIME TO PLAN! Is this your story? Are you upset that it is January and you have not had ONE MINUTE to rest, much less plan or make resolutions? It is OK! THIS is our time to work on it TOGETHER! I think that this will help you soooo much!

Or....maybe you made your resolutions but they are already busted....

Read through the Bible (in 90 days???)

Lose Weight

Get in shape

Get out of debt

Quit \_\_\_\_\_ (something!)

Break that bad habit

Organize the house

Save some money

Get back in church

Write that book

\_\_\_ Fill in the blank \_\_\_

Do you relate?

Or....maybe you decided that this year you were not going to set silly resolutions again because you hate that nasty feeling—a mixture of something like....

Being behind

Guilt

Condemnation

Failure  
Defeat  
Fear  
Frustration  
Aggravation  
and...reservation about EVER making another resolution!

Felt it? Been there, done that over and over and over? I TOTALLY understand!

What would you do if you could reach your resolutions? Would you dare to do it with me?


Well, beloved, YOU CAN! I will show you how TODAY! We will work together.

Are you sick and tired of going year-after-year-after -year as though you are on a treadmill—doing a lot of STUFF but not getting anywhere? Do you pull back to plan each year, but find those plans taunting you instead of helping you reach for your goals, resolutions, and dreams? Need help turning your resolutions into goals and your goals into “to-do’s” that GET DONE? Sick of getting everything ready to go but getting derailed by obstacles, interruptions, chaos, and crisis situations? At a turning point and need a friend to help you step out? Ready to gear up and reach for your dreams? Well, this is DEFINITELY the re-treat for you! Stick with me. You are going to LOVE this!

## **I. To Make Resolutions or NOT????**

Resolutions.

What comes to your mind when I say “RESOLUTIONS?”



Have you listened to the session audios? Don't miss listening to Session One before you work through this section.

Well, I suspect a whole myriad of thoughts race through. Perhaps it is because of some of the resolutions that many of us have made in the past.

You have probably heard the quote by Albert Einstein:

*"Insanity: doing the same thing over and over again and expecting different results."*

We ALL know this! But, for some reason, many have quit setting resolutions...many have quit planning....many are just floating through life HOPING that things might change, but even with that, many HATE CHANGE...many RESIST change....many just want for things to be peaceful, easy, and restful.

BUT!

God has something awesome for YOU this year.

Take a moment to look **up Jeremiah 29: 11-14** in your favorite Bible versions. Copy them here....

Peek at Jeremiah 29 in a few of my favorite versions....

**NIV:**

11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call upon me and come and pray to me, and I will listen to you. 13 You will seek me and find me when you seek me with all your heart. 14 I will be found by you," declares the LORD, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the LORD, "and will bring you back to the place from which I carried you into exile."

**AMPLIFIED:**

11 For I know the thoughts and plans that I have for you, says the Lord, thoughts and plans for welfare and peace and not for evil, to give you hope in your final outcome. 12 Then you will call upon Me, and you will come and pray to Me, and I will hear and heed you. 13 Then you will seek Me, inquire for, and require Me [as a vital necessity] and find Me when you search for Me with all your heart. 14 I will be found by you, says the Lord, and I will release you from captivity and gather you from all the nations and all the places to which I have driven you, says the Lord, and I will bring you back to the place from which I caused you to be carried away captive.

**HCSB--Holman Christian Study Bible**

Begin in verse 10....

I will attend to you and will confirm My promise concerning you to restore you to this place. 11 For I know the plans I have for you"—this is the LORD's declaration—"plans for your welfare, not for disaster, to give you a future and a hope. 12 You will call to Me and come and pray to Me, and I will listen to you. 13 You will seek Me and find Me when you search for Me with all your heart. 14 I will be found by you"—this is the LORD's declaration—"and I will restore your fortunes[b] and gather you from all the nations and places where I banished you"—this is the LORD's declaration. "I will restore you to the place I deported you from."

**THE MESSAGE:**

I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for. 12 "When you call on me, when you come and pray to me, I'll listen. 13-14 "When you come looking for me, you'll find me. "Yes, when you get serious about finding me and want it more than anything else, I'll make sure you won't be disappointed." God's Decree. "I'll turn things around for you. I'll bring you back from all the countries into which I drove you"—God's Decree—"bring you home to the place from which I sent you off into exile. You can count on it.

What is God saying to you about your New Year, your life, in this passage?

Sweet friend, soak this in....

God is thinking about YOU!  
GOD has a plan for YOU--

A good plan...

to prosper you

to restore you

to give you hope and a FUTURE!

to give you the future you hope for!

Soak that in for a moment. What does that mean FOR YOU?

This passage reminds me of an incredible passage in John 10: 10. Look it up in your favorite version (or versions) and copy it below....

I love it in the NIV and Amplified versions. Here those are...

**NIV:**

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

**AMPLIFIED:**

10The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it [a]overflows).

Go back through all of those versions of John 10:10. List below the kind of life that Jesus came to bring you....

Is that good or what? I love this passage! Oh! And, then my mind immediately goes to the passage that Paul wrote in Phil. 3: 12-15. Peek at that passage in the Amplified Version:

12Not that I have now attained [this ideal], or have already been made perfect, but I press on to lay hold of (grasp) and make my own, that for which Christ Jesus (the Messiah) has laid hold of me and made me His own. 13I do not consider, brethren, that I have captured and made it my own [yet]; but one thing I do [it is my one aspiration]: forgetting what lies behind and straining forward to what lies ahead, 14I press on toward the goal to win the [supreme and heavenly] prize to which God in Christ Jesus is calling us upward. 15So let those [of us] who are spiritually mature and full-grown have this mind and hold these convictions; and if in any respect you have a different attitude of mind, God will make that clear to you also.

Grasping on--laying ahold.

Making my OWN!

Forgetting what lies behind.

Straining forward to what lies ahead!

What a resolution!!!

Thinking back over these passages of Scripture, let's put it together...

What kind of plan does God have for you?

What kind of life has Christ died for you to have?

What do you need to do THIS YEAR to live that life?

Is there anything that you have been letting hold you back?

What would you do this year if you knew you could not and would not fail?

What has God been calling you to do?

What is holding you back?

Is it time to resolve to step up to that call?

Is this the year to strain forward toward your call?

Oh! I KNOW that there are those with a different attitude of mind....

Resolutions are ancient, archaic, non-essential, a waste of time....

Peek again at Philippians 3 in The Message....

Philippians 3: 12-19

I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back. So let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision—you'll see it yet! Now that we're on the right track, let's stay on it. Stick with me, friends. Keep track of those you see running this same course, headed for this same goal. There are many out there taking other paths, choosing other goals, and trying to get you to go along with them. I've warned you of them many times; sadly, I'm having to do it again. All they want is easy street. They hate Christ's Cross. But easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites.

OUCH!

I don't want this to describe me! How about you?

"I've warned you of them many times; sadly, I'm having to do it again. All they want is easy street. They hate Christ's Cross. But easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites."

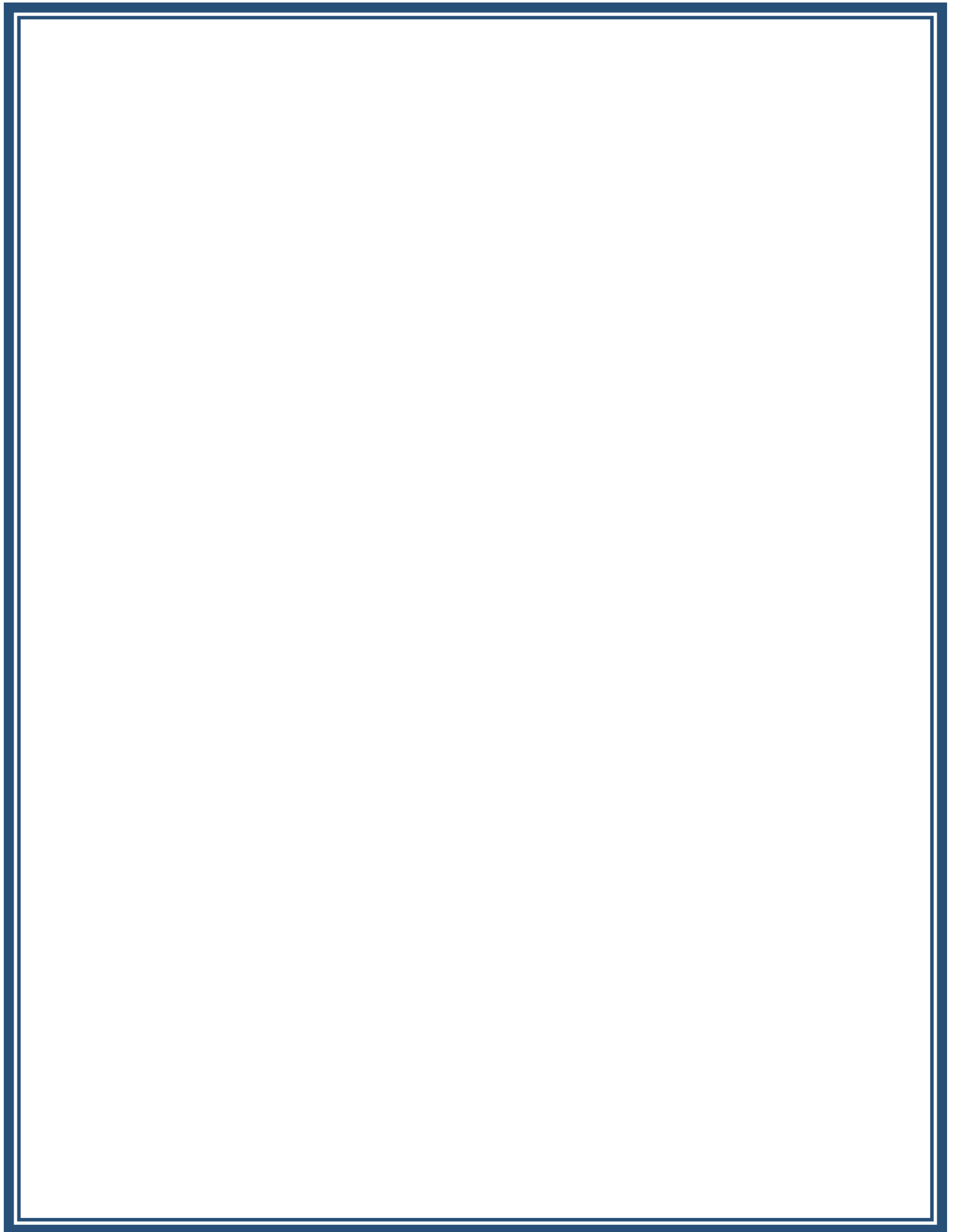
I want to grasp on to ALL Christ died to give me!

I want that ABUNDANT, FULL, LAVISH, OVERFLOWING life! :)

I want to tap into God's plans for me and my life---TODAY, THIS YEAR!!

What about you? What do you want?





What do you want THIS YEAR?

Will you dare to grasp on to all that Christ died to give you? Will you reach for it? Will you make it YOURS?

I know the typical resolutions...

Read through the Bible (in 90 days???)

Lose Weight

Get in shape

Get out of debt

Quit \_\_\_\_\_ (something!)

Break that bad habit

Organize the house

Save some money

Get back in church

Write that book

\_\_\_ Fill in the blank \_\_\_

There is such a focus on doing.

There is such a lack of clarity.

They are as big as mountains.

They look and feel IMPOSSIBLE.

So, wondering why do we make resolutions? The question is--TO MAKE RESOLUTIONS OR NOT. Do you? And, if you do, why don't they work? And, if you don't, why you MUST make them THIS YEAR?

Well, first, let's look at **"WHY RESOLUTIONS?"**

My friend, God gives us times, decades, seasons, days, hours, minutes, seconds....

He gives us sunsets and sunrises....

He gives NEW!

Take some time to dig in your Bible for references to NEW. Here are some of the amazing things that God gives us new. Look them up in your Bible and jot down what you notice as you do....

New beginnings

New things (Numbers 16:30, Isaiah 42:9, Isaiah 43: 19, Isaiah 48:6...)

New covenant (Jer. 31:31, Mark 14:24, 1 Cor. 11:25, 2 Cor. 3:6, Heb. 8:8, Heb. 8:13, Heb. 9:15, Heb. 10:20, Heb. 12:24....)

New kingdom (Mark 14:25, Romans 16: 25-27...)

New wine/wine skins (Mark 2: 21-22...)

New body (Eph. 2: 15)

New heart (Ez 11:19, Ez 18:31, Ez 36:26.....)

New life (Romans 6:4, Romans 7:6)

New creation (2 Cor. 5:17, Gal. 6:15...)

New man (Eph 4:24, Col. 3:10...)

New Commandment (John 13:34, 1 John 2: 7-8)

New Song (Ps. 33:3, Ps. 40:3, Ps. 96:1, Ps. 98:1, Ps. 144:9, Ps. 149:1, Is. 42:10, Rev. 5:9, Rev. 14:3)

New Name (Is 62:2, Rev. 2:17, Rev. 3:12...)

New heavens, earth, Jerusalem (Is. 65:17, Is. 66:22, 2 Peter 3:13, Rev. 3:12, Rev. 21: 1-2)

ALL THINGS NEW! (Rev. 21:5)

Was that good? I love it! God is ALL about new beginnings. Why do you think so?

Here are some reasons that I think God stresses new beginnings and new starts....

- > To start over--to get a fresh start.
- > To reflect--on where we have been...where we are going...what might make life better (and ultimate!!) and all that God wants for us.
- > To commit--resolve.
- > To REBOOT.
- > To take a look at things--evaluate and "course correct."
- > To pause--look at where you are, where you want to be, and how God wants to take you there.
- > A fresh resolve.
- > A new beginning.
- > A new ME.
- > A fresh opportunity
- > A do-over.
- > A time to re-commit (OR commit! :)
- > A time to HEAR GOD, step up to the call.
- > A time to file away the past.
- > A milestone that says--
  - Start over.
  - CHANGE--A REAL CHANGE.
  - Transform--REAL transformation.
  - Grasp onto all that is yours through REDEMPTION.

Soooo, if it is soooo wonderful, are you wondering WHY don't resolutions work? :) Why not jot down some reasons that you think resolutions don't work....

I am sure that there are more reasons, but I see FIVE main reasons that they don't work....

**1. They aren't worked out.**

They are vague, thrown together, and stabbed at. They are a huge list of things to do, be, change, or fix. Yet, we don't connect with them, get a REAL VISION, REAL PURPOSE, and we don't really believe that we CAN do it, so we sabotage ourselves from the very beginning. Our success is directly related to how much we invest in working them out into DOABLE goals for the year. More on that in just a bit!

**2. They aren't written out and kept before us!**

IF they are written, they are a big long list stuffed away somewhere. If we don't have SOME way to really write out, journal out, brainstorm out the resolution and steps to bring it into our lives AND a way to keep it in front of us while we are "working it" into our lives, we will fail. A goal (OR resolution) not written is only a wish. Even more so, a resolution not written out, journaled out, and brainstormed out into doable steps/to-do's is also JUST A WISH! The more work we do, the more likely we are to DO IT, LIVE IT, and BE CHANGED!! :)

**3. They are not implemented.**

Implementation is EVERYTHING! If we really want change, we have to do something more than write out a big list...

Read through the Bible (in 90 days???)  
Lose Weight  
Get in shape  
Get out of debt  
Quit \_\_\_\_\_ (something!)  
Break that bad habit  
Organize the house  
Save some money  
Get back in church  
Write that book  
\_\_\_Fill in the blank\_\_\_

We have to get into that list and really LIVE IT, WORK IT! We have to break each resolution down to make it DOABLE, PRACTICAL, TANGIBLE, DEFINED, REALISTIC, and ACTIONABLE. This takes time, commitment, resolve, intention, and dedication. Today, too many people want to stay in their comfort zone. They don't want to press in and overcome the resistance. They don't REALLY want change that bad. Their resolutions are set with such carelessness that they "confirm" their suspicions that they "CANNOT" whip this thing when it is all about implementation!

**4. We get stuck in PASSIVE!**

Passivity is our default! Doing something different means that we have to invest our energy and time that many of us do not have much leftover to spend. We push our limits as it is. We have every minute of our days/weeks/months/years planned with LOTS OF STUFF! We allow crisis after crisis, demand after demand, situation after situation, need after need to dictate our lives and lifestyles. We are ever putting off CERTAIN THINGS--like these! We get stuck in the rut, not active, not engaged. Time goes by....tick, tock, tick, tock. Another year. Another year that adds guilt and frustration BUT there is nothing left over to do anything different!

**5. We play it safe!**

This is what it all boils down to! We all LIKE that comfort zone. Even if we don't like things, we still want to stay in a place that we KNOW. Pushing through to breakthrough means change! It means that we dare to do something BIG! That brings up so many fears! Too often, we don't want the change ENOUGH, we prefer to play it safe and stay in what we know--that comfort zone.

Then...resolutions DO NOT WORK regardless how big, how amazing, how needed, how fulfilling, how incredible they are! We just push them aside and let them collect dust.

Of course, there is an even BIGGER problem with NOT making resolutions. Have you had to deal with problems that you know deep down result from NOT making resolutions?

What are some of the problems that you have personally experienced because you have not set resolutions in the past?

Here are some of the problems that I have seen NOT making resolutions. Check off any that you have experienced.....

- > We don't pull apart and get back on track!
- > We live from one crisis/problem to another to another--they zap all of our energy AND time!
- > We play it safe and never experience LIFE!
- > We don't grasp on to all Christ died to give us.
- > We don't step up to our call. There isn't a plan to get moving. There is always a LATER!
- > We are horrible examples to our children--and yes, children learn what they live and later live what they have learned. It is THEIR legacy!
- > We get stuck in the rut of daily STUFF and look back to a blur of NOTHING.
- > We settle for "just getting by."
- > We let our dreams die--bit-by-bit.
- > We let ourselves down over and over and over--we fail ourselves.
- > We don't truly LIVE!

So, you have a new year before you. My sweet friend, WHAT DO YOU WANT?

Can you grasp on to it without a plan?

I have read a lot of STUFF the past few weeks. It is interesting to read the resolve to NOT RESOLVE, to NOT take the time to make resolutions, to NOT dare to dream any more. The world has pushed aside and "pooh-pooh'd" a discipline that makes a world of difference in how we live, what we attain, and whether we make a difference in this world for Jesus.

Yes, it makes a HUGE difference. Just look at the stats:

Today, 80% do not know what their goals for life are.

Of the 20% who have set some sort of goal, only around 16% have written them down .

Of those 4% never look at them again.

Of that 16%, only 1% wrote it down and review them on a weekly basis.

Do you know who those are? They are MILLIONAIRES.

GOT your attention?

The busiest people! Yet, they are where they are largely due to their disciplines. Today, what do you want? Are you going to buy in to the crowd that says that resolutions are not attainable and not worth it?

How will that help you make this year truly different?

Today is the day to dare to dream again!

Today is the day to dare to set goals!

Today is the day to pull aside and set some resolutions and goals for the next 12 months.

Will you or will you just walk away?

Your choice has everything to do with what your life is like in when December 31st rolls back around.

Pull away from the flurry of life.

Tune in to your Heavenly Father.

Listen to HIM!

Dream.

Write.

Think.



Plan.  
Imagine!  
Resolve!

That brings us to the next section.....

## II. Developing REACHABLE Resolutions

The biggest problem with resolutions is that sooo many of them are just not REACHABLE! Are you sick and tired of going year-after-year-after-year as though you are on a treadmill—doing a lot of STUFF but not getting anywhere? Do you pull back to plan each year, but find those plans taunting you instead of helping you REACH for your goals, resolutions, and dreams? Need help turning your resolutions into goals and your goals into “to-do’s” that GET DONE? Sick of getting everything ready to go but getting derailed by obstacles, interruptions, chaos, and crisis situations? At a turning point and need a friend to help you step out? Ready to gear up and reach for your dreams? Well, let's develop some REACHABLE RESOLUTIONS. Ready?

Have you listened to the session audios? Don't miss listening to Session Two before you work through this section.

First Things First,

### 1. Set Aside Time with God!

It is NOT too late! In fact, did you take that time apart to spend with God in December?

Were you just too busy, almost dismissed it all together OR are dismissing it RIGHT NOW?

We can all do many, many things. BUT! If we neglect that time where we pull away from the frenzy of life and connect with God, we will stay in the same rut day after day, year after year.

Pull aside and connect with God.

Get alone with God.

Let Him give you HIS VISION.

Let Him birth those dreams that you have been pushing aside.

Let Him give you the goals to help you reach for those dreams.

Take it all before Him.

Plan.

Write it out so you will have it WITH YOU this year.

Seek HIM.

My dear friend, God has BIG plans for you. Again, go back to **Jeremiah 29:11**. Look it up and copy it below in your favorite version...

Peek at it in a few of my favorite versions....

**NIV:**

11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call upon me and come and pray to me, and I will listen to you. 13 You will seek me and find me when you seek me with all your heart. 14 I will be found by you," declares the LORD, "and will bring you back from captivity.[b] I will gather you from all the nations and places where I have banished you," declares the LORD, "and will bring you back to the place from which I carried you into exile."

**AMPLIFIED:**

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**THE MESSAGE:**

I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for. 12 "When you call on me, when you come and pray to me, I'll listen. 13-14 "When you come looking for me, you'll find me. "Yes, when you get serious about finding me and want it more than anything else, I'll make sure you won't be disappointed." God's Decree. "I'll turn things around for you. I'll bring you back from all the countries into which I drove you"—God's Decree—"bring you home to the place from which I sent you off into exile. You can count on it.

Sweet friend, soak this in....

God \*is\* thinking about YOU!

GOD has a plan for YOU--

A good plan...

to prosper you.

to restore you.

to give you hope and a FUTURE.

to give you the future you hope for.

YOU are created for SO MUCH MORE!

Set aside time alone with God!

**Next....**

**2. Set Your LIFE In Front of Yourself.**

Get an honest, GOOD look at your life! Let's look at it together....

Where are you?

Why are you here?

Are you happy with the past year?  
Why? Or, why NOT?

What do you wish you had done differently?

What do you wish you had done?

What do you wish you had NOT done?

Now, fast-forward 12 months--what is your answer? ☺

What would you like to do different this year?

Where do you want to be 12 months from today?

What does this year look like?

What do you really want?

What would you like to change by Dec. 31st?

What would you like to see accomplished by Dec. 31st?

What will YOU be like when you have done it?

How will you feel when you have done it?



Which actions do you need to take this year to step up to your call and **LIVE IT OUT?**

Start with an honest evaluation!

Where are you?

Are you where you want to be?

What do you want?

What do you need?

What is it going to take to get where you want to be?

Are there things that you want to see changed?

Don't get locked into the same old, same old repetitive behaviors. Don't get stuck in the same old rut. If we are not moving forward, reaching for resolutions, goals, and dreams, we are not living the life that Christ died to give us. Where are you now?

### **3. Set Your Resolutions and Dreams Before You....**

My sweet friend, this is sooo important! Dare to get out of your comfort zone. Dare to push and press for your breakthrough. Decide today--NO playing safe this year. NO playing SMALL this year. Make yourself proud! Push and press to go uplevel!

Will you?

Set your resolutions and dreams out before you. Get a piece of paper and just brain-dump the possibilities....

Next, let's go back over all that came out. Let's evaluate those IDEAS (yes, this is where most people stop with their list and wonder why they don't reach their "resolutions!") and see which ones are going to be **REACHABLE RESOLUTIONS**.

Now--I am NOT discouraging you or pooh-poohing your dreams. We are just sifting out the "pie-in-the-sky" ideas that keep you stuck and sitting in failure! DEAL?

**Let's evaluate those resolutions....**

--> **Are they realistic, tangible**--No more pie in the sky goals and resolutions. Slow down and get realistic. Otherwise, your goals and resolutions will frustrate you and discourage you. You will LOSE your motivation. Let's set smaller, REAL goals and resolutions. Go through your brainstorm--

Which resolutions challenge you but are just out of reach?

Which CAN you reach with some hard work?

--> **Now, ask yourself, "Do you care?"** Yes--DO YOU CARE? You can set a million goals and resolutions, but if you are apathetic or content with "status-quo" or in your comfort zone, you will not press in and reach your resolutions because the first bit of resistance and you will pull back, put it off, and QUIT. DO you really care about this? Are you desperate enough? Do you want it badly enough?

--> **WHY? WHY do you want it?** What is your purpose? You must have a very strong PURPOSE or otherwise you will fail, fade out, give in to excuses, get distracted, quit, go astray, procrastinate, get off track and misdirected, and GET STUCK!

WHY do you want to reach this resolution?

What is your purpose?

Your purpose has to be...

- Stronger than the difficulties that lie ahead.
- Stronger than the temptations that will come your way.
- Stronger than your fears.
- Stronger than your quit.
- Stronger than your default.

Go back over your brainstorm. Is your purpose strong enough?

KNOW WHY do you want it! Then, you will become focused, driven, efficient, and resilient.

--> **Is it SPECIFIC? NOT:**

Begin a quiet time--what will you do?

Lose Weight--how much, why, how?

Get in shape--how, when, by when?

Get out of debt--how much do you owe, how will you hit it?

Break that bad habit--how will you do it?

Organize the house--what does it need?

Save some money--how much, by when, how, for what?

Get back in church--what is the plan? What are you looking for?

Write that book--topic, what will it be about, how will you write it, when will you write, how will you publish, how will you promote it, who will help you learn all you need to make it a success?

\_\_\_Fill in the blank with your resolution\_\_\_

What, why and by when??? Describe it! Be specific about what you want, why you want it, what it will look like, and when you want it done. BE SPECIFIC! The more specific, the more likely you will be to reach it! Name it! What do you want? Name it. Define it. Let's get a plan!

Take some time to write out the specifics for your resolutions here...

--> **Reachable, doable, attainable--No more self-sabotage!** Self-sabotage is when we set a goal that we KNOW is just impossible from where we are. We let ourselves down. Then, we get into a place where we don't believe ourselves any more. Don't self-sabotage! Set goals that are just out of reach and get moving toward them. You can attain it! You can do it! You can reach it! Look back over your brainstormers. Which are reachable, doable, and attainable this year?

Seeing a bit more clearly? Let's keep on....

--> **Definable**--it isn't a reachable resolution unless you can define what you want. Otherwise, it is just a WISH, a BRAINSTORM! Take each resolution and define it below....

--> **Definitive**--Get an idea of when you can accomplish it! Can it be attained in a reasonable amount of time--now, CAUTION--Some of you may need to give your timelines over to God and give up on YOUR timelines. You may have some HUGE resolution that is bigger than a YEAR--it might need to be on a FIVE-YEAR plan or a 10-YEAR plan. Those need to be added to your BUCKET LIST! :) We are looking for RESOLUTIONS that can be added to your plan for THIS YEAR. Sure PART of a big plan can be added to your plan for the year--that is fine. BUT, let's set ourselves up for success. Look for things that can be attained in a reasonable amount of time. Set a deadline! No more maybe's or some day's. Let's set a date! Let's set a deadline of when you can do THIS! Go back through your brainstorm and add a projected date:

### **3. Next, SET YOUR VISION!**

Can you SEE what you want? Can you SEE that project in its finished state? Can you SEE that product line? Can you SEE that website? Can you SEE your lifestyle?

What do you want?

Your lifestyle?

Your business?



Your relationships?

Your spiritual life?

Your finances?

Your health?

Your fitness?

Your life?

We need to take time to get a vision. A CLEAR vision of what we want and where we want to be. Do you see it?? What does it look like? Without a crystal clear vision, it is easy to get stuck in our ideas, in our every day life, in our projects, in our business, in the process. Without a vision, you will run on empty, get tired and weary, stay dry and blocked, and wear yourself out trying to make things happen. Turn with me to Proverbs 22:18. Write it out in your favorite version below....

**"Without a vision, people perish."**

Look up the word, "perish" in your favorite dictionary. Write out the definition below...

**Perish:**

Die (you will die on the inside/die to your dream!)  
Dry up  
Fizzle out  
Burn up  
Burn out  
Just exist  
Just survive--not thrive!

Satan knows this! He LOVES to steal and kill and destroy nothing more than our dreams and goals and life purpose. He WILL discourage. He will send dream killers and dream stealers along our way. He will set up obstacles, hindrances, distractions, chaos, interruptions if they will hold us back!

He wants for you to think that it will NEVER happen OR that it is not going to happen FOR YOU or that it is not even FOR YOU! He wants for you to think that you are never good enough or worthy. This is one reason that he is constantly trying to distract you and blur your vision. You have to KNOW THIS or you will get and stay stuck!

Soooo....

What is blurring your vision? Check any that apply:

- Needing desperately to getaway with God?
- Too Busy?
- Fear?
- Perfectionism?
- Procrastination?
- Tired and weary?
- Overburdened--need to lighten the load?
- Lack of direction?
- Laziness?

- Distractions, hindrances, interruptions, constant chaos and crisis situations?
- Insecurity?
- Looking back?
- Not letting go of something--good or bad???
- Dream killers?
- Pride?
- Negativity--inside of you, from others, from the devil?
- Personal limits/lids?
- Sin?
- Need to rest?
- Pushing limits?
- Comparisons?
- Other (List any that blur your vision)

Is it time to "clean your glasses" or "clean your windows" so you can get your vision?

Satan LOVES to blur your vision. So what do you do? GET A VISION! GET A CLEAR VISION!

I want to share with you a snippet from my journal that may help you even more...

"Until we can get a clear, focused vision of exactly what we want, what it will LOOK like, and what it will FEEL like, we will be stuck in the blurry maze of confusion and we will remain in our "default"--overweight, overwhelmed, over-extended, over-spending, exhausted, tired, weary, STUCK--doing the same things that we don't want to do, stuck, frustrated, and wishing we could get around to it. We MUST SEE IT! Clearly. Focused. Laser-sharp focus! Then, and only then will we begin to see the STEPPING STONES that will take us toward our goals, resolutions, and dreams. Only then do we find OUR WAY, OUR PLAN, OUR PATH, and the directions that we seek!"

If you cannot SEE what you want, you will not be able to get where you want to go. You MUST SEE IT! Wondering--how can you see it if you are not there yet? You see it by VISION--by FAITH. It has to be on your heart. You have to press toward that mark. Here are some questions to ask yourself:

What is it that you REALLY WANT? Be bold. Be courageous. Write out what you really want if you knew that you could not fail...

What do you want for your life to be like? Define your ULTIMATE Life...

Ok...Take a few minutes to answer the following....

What do you really want for your life to be like--don't be shy...or "Virtuous"....or "modest"...let's get real...what is deep down in there???

Can you SEE it? What does it look like?

What does it include? Write it out....

How is it different from right now?

Does it seem impossible? Why? What makes it seem impossible?

Let's go even deeper--anything that seems FRIVOLOUS now?

**Now, let's DEFINE YOUR ULTIMATE LIFE...**

**Your Day...**what is it like?

What would it include?

What seems simply impossible, but JUST what you want?

**Your Lifestyle...**

What would you want DIFFERENT?

**Your Personal Environment?**

What do you want?

What is just YOU?



**Your Relationships? Connecting?**

What do you want for your relationships?

What needs to change?

**Your Health/Fitness**

What is your ULTIMATE health and fitness like?

What would it take to get there?

**Your Money**

If you were living your ultimate life, what do you want for your finances to look like?

What would be different?

How could you get there?

**Your TOYS/TOOLS ☺**

Now, with this one, I want for you to remember that this is just ME and YOU. Make your list, check it twice, what would you LIKE if money were NO consideration?

Now, which toys are a must for you now?

Which toys/tools are on your wish list for this year?

**Your Personal Life**

What is important to you?

What would make you proud?

What do you need to work on?

**Your Spiritual Life**

What does your ULTIMATE Spiritual Life look like?

What do you want for worship?

What do you want for study?

What does your ULTIMATE quiet time look like?

Which spiritual disciplines need focus this year?

Are there any decisions that need to be made to help you get moving forward in this area?

**Your Support**

WHO supports you?

Where are you needing some more support?

How can others help you?

What are you going to do to connect with others who can support you?

**Your Play**

What do you do to PLAY?

How do you work it into your day?

**Your Learning**

What could you learn right now that would take your life (spiritual life, marriage, relationships, home school, business, homemaking, health, fitness) uplevel?

Is there something that you need to pursue--that license, that certification, that course?

**Your Work**

What do YOU do?



What do you want to DO MORE OF?

- Write
- Teach
- Coach
- Train
- Marketing
- Web design
- Create products
- Connect with others
- Other....

NOW....Take some time to really think through and DEFINE YOUR ULTIMATE LIFE. Don't be shy. Don't be reserved. Don't hold back. Get it out of you and onto paper.

This is YOUR life. Don't live it small! Don't put lids or limits that hold you back from grasping onto all that Christ died to give you. NOTE--CHRIST DIED TO GIVE IT TO YOU! This is your inheritance!! So, what do you really want?

How is it different?

What will it take to get there?

What do you need to bring into your life?

What do you need to get OUT of your life?

Really take some time to think these things out.

There are only 24 hours a day. You cannot do EVERYTHING. Also, you must balance everything that you ARE to do. Take the first step--it is a biggie--GET A VISION!

**Then, WRITE THE VISION!**

Look up Habakkuk 2:2-3. Copy it below from your favorite versions of the Bible...

I love it in the Amplified....

**And the Lord answered me and said, Write the vision and engrave it so plainly upon tablets that everyone who passes may [be able to] read [it easily and quickly] as he hastens by. For the vision is yet for an appointed time and it hastens to the end [fulfillment]; it will not deceive or disappoint. Though it tarry, wait [earnestly] for it, because it will surely come; it will not be behindhand on its appointed day.**

Look at this passage again in the Message...

**2-3 And then God answered: "Write this.**

**Write what you see.**

**Write it out in big block letters**

**so that it can be read on the run.**

**This vision-message is a witness**

**pointing to what's coming.**

**It aches for the coming—it can hardly wait!**

**And it doesn't lie.**

**If it seems slow in coming, wait.**

**It's on its way. It will come right on time.**

Yes, get the vision. Then, WRITE the vision. Right now is the perfect time for you to pull back and really put on paper what you want, what God has put on your heart, what it looks like. Write it down! Make it plain so you can read it while you run this race of life! Get out that journal or notebook OR board! :)

Write the vision. Get it out of you and get it onto paper! Then, you will be ready to RUN! :) Write out what you see in your heart....

Don't get stuck. Take time to pull aside and get a vision. Write that vision. Get back up and RUN with that vision! :)

That brings me to the next thing....

**4. Set Your Goals.**

NAME THEM!

WRITE THEM!

BE SPECIFIC!

Goals are the stepping stones toward the vision.

Once you have a vision, you need to brainstorm--

All of the steps

All that is included.

Put it all on paper.

*"Goals not written down are just wishes."* WRITE THEM DOWN. This works for your big vision, your dreams, your business, your life, your commitments, your to-do's---down to the smallest task. So, set goals.

Go back over the resolutions that pass the test. Let's now, take some time to break each of them down into steps, goals.

Resolution:

Brainstorm the steps:

Resolution:

Brainstorm the steps:

Resolution:

Brainstorm the steps:

Of course, it is one thing to set goals and quite another to reach them---we all know that! But there are keys! Let's go back over the goals that you just brainstormed. Let's test them to see if they are reachable. Ready? Let's make sure that they are:

**1. REALISTIC**--Otherwise, they will frustrate you and discourage you. You will LOSE your motivation!

Do they pass the test?

What do you need to do to break them down into realistic steps?

**2. MEASURABLE**--You need to be EXACT and VERY SPECIFIC about what you want! You need to be able to measure it!

Do they pass the test?

Go back over them and make sure that they are exact and very specific. If you need to brainstorm more, take some time to break them down into measurable steps.

**3. SPECIFIC**--What, why, and by when? Describe it? Be specific about what you want, why you want it, when you want it done! BE SPECIFIC--the more specific the more likely you will be to reach it!

This is going to take a bit more work, so take some more time to go back over every resolution and make sure that your goals very, very specific. Ask:

What?

Why?

By When???

**4. CLEAR**--

Make sure that your goals are very realistic, measurable, specific, and clearly understood.

Are you clear? Is anything fuzzy?

The reason that many goals are not attained is that they are not broken down into very clear steps that you can take bit-by-bit. Go back over everything and make sure you are clear on exactly what your steps are.

**5. PURPOSEFUL**--Before you can reach any goal, any resolution, or any dream, you must have a purpose for achieving it that is deep enough to drive you to completion. You must know WHY your goal is important. You must have a strong reason. You must CARE ABOUT IT! It must have PURPOSE or otherwise you will fail, fade out, give in to excuses, get distracted, quit, go astray, procrastinate, get off track and misdirected, and GET STUCK! So, ask yourself WHY you want to reach this specific goal?

What is your purpose? It has to be...

Stronger than the difficulties that lie ahead.  
Stronger than the temptations.  
Stronger than your fears.  
Stronger than your quit.  
Stronger than your default.  
KNOW WHY do you want it!

Then, you will become focused, driven, efficient, and resilient. PJ McClure wrote about this in his NEW book, ***Resolution Revolution...***

"Purpose is different from goals or strategy. Where goals and strategy are carried out and accomplished (met), purpose is ongoing. Instead of accomplishing your purpose, you fulfill it. Purpose transcends goals and you will find that you can carry purpose from one goal to another. Watch for that distinction."

IN OTHER WORDS...it is easy to set a goal to lose weight for that wedding, high school reunion, or to win that contest. BUT, if you really want to keep it off, you must have a very strong WHY, purpose. If not, the day in, day out circumstances wear away at us. Just a few storms in life, obstacles, fears, frustrations and we give in to excuses, get distracted, fail, fade out, quit, go astray, procrastinate, get off track and misdirected, and GET STUCK!

Go back to each of your resolutions. Write out your purpose for each. If this takes a bit, invest that time. It is so worth it!

**6. ACTIONABLE**--A goal that you CAN and WILL dare to take action, massive action, to accomplish NOW. Not a wish. Something that you are READY TO DO.

Now, this is where we are going to eliminate any of the resolutions that are not actionable. Don't throw them away yet. Just get them off of this year's list. Quickly go back over and list the ones that you are ready to hit this year. List them here:

**7. DEFINITIVE--Set a deadline!**

Now, let's get a deadline! Pull out your calendar, all of your brainstormers, and let's put things on the calendar.

Which one do you want to hit now?

Are there any that are going to require long-range work--work each week in a specific time of day?



Go back over the goals/stepping stones and put the ones that you are going to work on this month on the calendar.

Is it feeling good? Oh! I am SO proud of you!

One more thing, a goal will not be achieved unless it also passes one more test...

**8. WRITTEN--Write it out!**

*"Goals not in writing are just wishes."*

1. Brain dump.
2. Put them on your calendar.
3. WORK those goals.

Take time to set goals, resolutions, and dreams. Make time to pull apart and set goals, resolutions, and dreams for the next year AND for your life. Make sure that you take the time to really put them to the test.

And, this brings me to the next thing...

**5. SET YOUR PRIORITIES!**

We can work hard on brainstorming, setting, and breaking down our resolutions into goals, BUT there can still be a disconnect. We can still fail to reach for our resolutions. PRIORITIES connect them to action. Our resolutions have to become PRIORITIES or we will NOT reach them!

Now, one big question--Are they extras for you?

If your resolutions are just extras (options), then they are still wishes or ideas or brainstorms. OR...are they essentials?

THIS is where they MUST be or we will shove them aside with every hindrance, crisis, melt-down, challenge, and even our own EXCUSES!

Think about it....

- Quiet times/worship
- Weight loss
- Fitness
- Finances
- Habits
- Organization
- Save some money
- Business
- Romance
- Memories

These ARE the essentials! Of course, the devil LOVES to steal, kill, and destroy! Go back to John 10:10. Look it up and copy it from your favorite versions....

Is the devil stealing away your LIFE in any of the areas above?

Let's not get off the path. Let's set our priorities. Then, we will be braced to MAKE IT HAPPEN! We will reach our resolutions! :)

Speaking of making it happen, this brings me to the nitty-gritty and the next two points....

## **6. Set YOUR Plan!**

Plans are EVERYTHING. You MUST plan. It is said that those who do not plan, PLAN TO FAIL. That is ABSOLUTELY true! Many who get frustrated and quit along the way seem to have one major common denominator, THEY DO NOT PLAN! Want success?

OF COURSE you do! If you want to be successful and reach your resolutions, you MUST take time to get away and get your plan. It is not an option. It is essential.

### **WHY?**

--> Without a vision, people PERISH!

--> Without a plan, we will not have clarity on what needs to be done, what to do each day to get there, how to fit it into our already busy lives (and navigate around the distractions, interruptions, melt downs, and chaos situations) or even when we are success.

--> We won't have that excitement, fulfillment, and contentment that comes from seeing it or knowing when we are done.

--> Without a vision and a plan, you just get up and exist--putting your goals, resolutions, ideas, and dreams on hold--collecting dust!

We need to PLAN! Of course, this is what we have been doing so far. If you have skipped any of the steps so far, go back and work on them. It is so important. Also, if you have not listened to the audio sessions, take some time to go back to the Membership Site and tune in. In fact, you may want to work through the section on planning. In that section I explain how to get your plan....

1. Get a vision!

2. Set goals, resolutions, and dreams!

3. WRITE IT ALL OUT--Brain-Dump!

4. Make tools!

To-do Lists

Make a big long list!

Make daily to-do's (Post-it Notes)

Checklists—Take the pressure off of your BRAIN and put what works into a checklist.

Set Up Systems/Routines—Take away all of the stress of decision making .

5. Get (and stay!) organized!

6. Set deadlines

Clear--Set the date

Reasonable--Allow plenty of time!

Firm--Nothing can put fire under you like making it happen!

Rewarded--Of course--countdown to a REAL reward!

7. Soak in solitude

8. Set up your year/day

Invest that time planning. Plan, plan, plan!

Pre-plan EVERYTHING. THINK IT OUT! WRITE IT DOWN! This is a big, big secret to ultimate productivity! This is your key to get UNSTUCK and MOVING forward toward your goals, resolutions, and dreams!

Of course, speaking of setting up our year and day, this is a BIG KEY to helping us reach our resolutions! And, this brings me to the next thing...

## **7. Set Your Schedule and Framework of Your Day.**

This is sooo important! Those who make resolutions and get everything up to this point but miss this one will NEVER reach their resolutions!

I love how Mel Robbins, popular talk show host, describes this next part. She says that when we want to bring change into our lives, especially big change, there is a physical force that we MUST HIT if we are going to bring any change. We have to FORCE ourselves. She says that something happens anytime that we try to do anything DIFFERENT--our brain pulls the "emergency brake." She says that it does this because it LOVES auto-pilot.

If we want to get past this there are two things we have GOT to do--

**1. FORCE yourself to do the change!** Force yourself to change, grow, move forward! Get out of your head. Get past your FEELINGS--to what you REALLY WANT (another reason that we do all of the rest of this work!!). Get outside of your comfort zone--that is where your LIFE is. That is where your DREAMS are. Don't let yourself down! Only you can get what you want. DO IT! FORCE YOURSELF.

OR... (you don't want to have to do this EVERY TIME you want to...have a quiet time, homeschool, go to the gym, make time for a date with your spouse, etc--soooo, you need to set this into your schedule and build it into the framework of your day--get it into a good routine!!) Yes....the next thing we have GOT TO DO is...

**2. Get it into a routine as fast as you can!** ROUTINIZE everything! The time that you take to build a routine and DO IT each day...then, tweak that routine so it is DOABLE, EASY, and A PART OF YOUR LIFE! This is key!

Take time to really set your schedule. Work on your schedule to get it all flowing well. The time that you invest is PRICELESS! It will make the decisions FOR YOU. It will take the STRESS out of it. It will move you from WORKING to make it happen to LIVING IT! :)

**NOTE:** If you need help with your schedule, peek at the membership site for my bonus gift. I am including a super series that will help you with this--**END YOUR SCHEDULING FRUSTRATIONS FOREVER.**

Are you sick and tired of going year-after-year-after -year as though you are on a treadmill--doing a lot of STUFF but not getting anywhere? Do you pull back to plan each year, but find those plans taunting you instead of helping you REACH for your goals, resolutions, and dreams? Need help turning your resolutions into goals and your goals into "to-do's" that GET DONE? Sick of getting everything ready to go but getting derailed by obstacles, interruptions, chaos, and crisis situations? At a turning point and need a friend to help you step out? Ready to gear up and reach for your dreams? Well, let's develop some REACHABLE RESOLUTIONS!

That brings me to the end of the second section. Now, it is time for the third section...

### III. Reach Your Resolutions this Year!

Oh! Are you seeing it all come together? Well, ya ain't seen nothing yet! In this session, I want to share with you my secrets for making it happen--for reaching your resolutions this year! Ready? Well, let's dig in....

Have you listened to the session audios? Don't miss listening to Session Three before you work through this section.

#### 1. Decide **WHAT ONE THING** if You Did It Would Take You To a **NEW PLACE? UPLEVEL!**

Let's go back over your resolution brainstorms...

What would truly make the biggest difference?

In your relationships?

In your finances?

In your health?

In your lifestyle?

In your business?

In your spiritual life?

In your fitness?

In your life?

- ⇒ Would taking time to get a plan (OR get your things together) for your quiet times help make it doable?
- ⇒ Would taking time to really develop a schedule give you that margin AND energy to romance your sweetie?
- ⇒ Do you need to set a priority and develop a routine so you actually GET IN THE GYM or HIT THE ROAD?
- ⇒ Do you need to put that 5K on the calendar and put your money on registering for it? ☺
- ⇒ Do you need to let some things go so you have time to build your business and minister to the needs of those who soooo desperately need you?
- ⇒ Would it help to get a plan for making easy meals?

Do you need that--

New certification?

New commitment?

New skill?

New discipline?

New study?

Do you need to draw the line in the sand and...

Let GO of that pain?

Turn God loose to heal you--and do what HE says?

Grasp on to the freedom in THAT area?

Do you need to be broken in order to move forward?

WHAT IS NEEDED? What ONE THING if you did it would take you to a new place??? What ONE THING will take you UPLEVEL? Talk about a BIG SECRET for making it happen--for reaching your resolutions this year!

Here is the next one...

## **2. Make it EASY for Yourself!**

We have such a tendency to sabotage ourselves and our success. If you want change, make it easy for yourself!

--> **Set routines to get it done.**

Again, this is SO KEY! Get it into a routine as fast as you can! ROUTINIZE everything! The time that you take to build a routine and DO IT each day...then, tweak that routine so it is DOABLE, EASY, and A PART OF YOUR LIFE. This is key to success.

Where are you getting stuck each day?

Brainstorm out the things that need to get done in order to accomplish that task....

Now, let's work this next week through that list each and every day. If you hit a snag, you may need to tweak your routine a bit. For now, let's just get moving from where you are. It doesn't have to be perfect. There is time to work on tweaking it. Let's just get moving out.

--> **Get and keep things together and READY TO GO!** Look at the following list. Check any that would help to make things easier for you:

- Quiet Time Tote
  - Gym bag--with all of your STUFF! (NO EXCUSES!)
  - YOUR KITCHEN!!
  - Planner--MYOBIB!
  - Ideas/Brainstorms--so you are ready to write/record. :)
  - FOOD--Yep--On that diet? Get your food plan ready, DECIDED, and make it a NO-BRAINER! CARRY IT WITH YOU!
- Have things ready AHEAD OF TIME!
- Your idea...

--> **Make and use \*A\* Plan!**

Seriously--it is not that \*SPECIAL PLAN\* out there on the horizon that we have to find. It is THE PLAN that you will just use. What would be easy for you to do?

What CAN you do?

What WILL you do?

--> **Make decisions and set as NON-NEGOTIABLES!**

Make your decisions ahead of time. (This is why planning is key! This is why planning REALLY works!) Decide ahead of time--

- Meals
- Drinks
- Budget
- Time to homeschool
- Time to write
- Time to work your business
- Schedule
- Lessons
- ETC.

MAKE IT EASY TO SUCCEED! Talk about a BIG SECRET for making it happen--for reaching your resolutions this year! Go back over the areas that you want to work on this year. Are there any decisions that need to be made? What are they?

Now, what WILL you do? Beside each of them, jot down the answer. NOTE: You can always change it later, but for now, we want to take action. :)

Here is the next one...

### **3. Daily "Workouts" Bring BIG CHANGE!**

REAL CHANGE! REAL TRANSFORMATION! Whatever it is--

- Quiet times
- Marriage/romance
- Mothering
- Fitness
- Healthy Eating
- Business
- Learning
- On and on...

IF you want true, lasting change, you MUST... Work on it DAILY! Bring it into your routine/schedule--as a NON-NEGOTIABLE! (NO EXCUSES! NO EXCEPTIONS!). We all yearn for change. This is how you get it--DAILY WORKOUTS. DO IT! Change requires that you ACT, DO IT! Move forward EACH day. DAILY workouts! How will you work on your resolution each day?

Talk about a BIG SECRET for making it happen--for reaching your resolutions this year!



Here is the next one...

#### **4. Overcome the hindrances and obstacles that hold you back.**

Yes! OVERCOME! YOU are more than an overcomer. YEP! YOU! The term “overcomer” comes from the Greek *nikaw*, “to conquer, prevail, triumph, overcome.” YOU are more than an overcomer. YOU are victorious! It is WHO YOU ARE! ☺

Overcome all that holds you back, hinders, and trips you up. Look at some common hindrances and obstacles. Check the ones that you need to overcome this year....

- Resistance
- Self-sabotage
- Default
- Distraction
- Excuses (OUCH!)
- Laziness
- Fear--FEARS!
- Quit
- Busyness
- Apathy
- Unreasonable goals
- Not getting started
- Starts and stops
- IMPOSSIBLE

--> **Decide right now to DO IT! To STEP OUT!** To get up and get moving with no more excuses, no more lids, no more limits! Will you take action? How?

--> **Get disciplined--DO IT DAILY!** Don't procrastinate. Don't rush. Get your pace and get it done bit-by-bit! How will you make this a part of your daily disciplines?

--> **Get your plan, work your plan.** Talk about key! Have you worked through this action plan to get your own personal plan for this year?

Have you decided how you will work your plan? Write it out here:

--> **De-clutter your schedule, life, calendar, home, and computer!** ☺ Take time to de-clutter. You cannot reach your resolution when you are wading through the clutter. What needs to go?

--> **Embrace your season TODAY.** Yep! This can be a big obstacle. Do you need to let go of the past?

Are you overwhelmed by the future?

How can you embrace right where you are TODAY?

How can you be YOU today, this season?

--> **Keep your day (and YEAR) on track!**

Take some time now to set points in your day, week, month, and year that you will evaluate. This is key if you are going to follow through with your plans that we have set together. What is your plan for evaluating throughout this next year?

You will need specific times to pull aside and evaluate what you have gotten done, what you need to do, and what needs to go. Set goals, to do's and put them on your calendar--on stick notes, of course!

--> **Stay balanced!**

Talk about key! Don't let ANYTHING get out of balance--work, ministry, home, homeschool, homemaking, relationships, health and fitness, etc. Remember that any of those things are sooo demanding. It is GOOD for you to do the other things. Don't let anything get off balance and dominate your time. Your children will learn sooo much more by your example. Your business needs to be restrained. Your health and fitness need to be a part of everyday. KEEP IT ALL BALANCED! Otherwise, the devil will exploit that breach.

Real quick look up **1 Peter 5:8** in your favorite Bible versions and copy below....

## **5. Had a setback?**

A setback is a setup for a comeback! Don't let your setbacks discourage you. Hold on! Hold on tighter than ever. During those times, take time to evaluate and re-invent your life. It IS yours. Determine to make the devil PAY. Get re-focused. Get back up. Get MOVING FORWARD!

What have you been doing with your setbacks?

Have they kept you from reaching your resolutions, goals, and dreams?

What will you do to get up and get moving past the setback?

Talk about a BIG SECRET for making it happen--for reaching your resolutions this year. Here is the next one...

## 6. Determine TODAY to NEVER Settle for just GETTING BY!

No more existing. No more settling.

Go back to John 10: 10. I will share a few different versions below. Either circle or highlight the words that describe the type of life that Jesus has brought us...

### NIV:

10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

### AMPLIFIED:

10 The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it [a]overflows).

Write out those words below....

This is very different from **SETTLING** for what you get. This is very different from just getting by. This is very different from just taking what life gives you. We have to be intentional about resolving to grasp onto **MORE**. And, that is biblical too. Go back again to **Philippians 3** with me.

In the space below, copy **Philippians 3: 12-15** from your favorite Bible versions.

Oh! And, this reminds me of Phil. 3:

12 Not that I have now attained [this ideal], or have already been made perfect, but I press on to lay hold of (grasp) and make my own, that for which Christ Jesus (the Messiah) has laid hold of me and made me His own. 13 I do not consider, brethren, that I have captured and made it my own [yet]; but one thing I do [it is my one aspiration]: forgetting what lies behind and straining forward to what lies ahead, 14 I press on toward the goal to win the [supreme and heavenly] prize to which God in Christ Jesus is calling us upward. 15 So let those [of us] who are spiritually mature and full-grown have this mind and hold these convictions; and if in any respect you have a different attitude of mind, God will make that clear to you also.

I love this passage! In this passage, Paul challenges us to step up our convictions in this area. In fact, he challenges us that if we are going to be convicted about something, **THIS IS ESSENTIAL!**

My dear friend, Jesus died to give you more than just a fire-insurance policy out of hell. He wants for you to have **LIFE**, abundant, lavish, full to overflowing life. He wants for you to let go of everything that is behind and grasp on to what lies ahead, strain toward what is ahead. This is going to take intentional effort to **PRESS** toward those goals, resolutions, and dreams that God has put on your heart.

What a resolution!!!

And, yes there are those with a different attitude of mind--resolutions are ancient, archaic, non-essential, a waste of time--listen to this passage again in **The Message**....

12-14 I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back. 15-16 So let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision—you'll see it yet! Now that we're on the right track, let's stay on it. 17-19 Stick with me, friends. Keep track of those you see running this same course, headed for this same goal. There are many out there taking other paths, choosing other goals, and trying to get you to go along with them. I've warned you of them many times; sadly, I'm having to do it again. All they want is easy street. They hate Christ's Cross. But easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites.

Grasp on to ALL Christ died to give you.  
NO MORE SETTLING!

Have you been settling in any area of your life? How?

Do you need to make a resolution to do something different this year?

One thing that I felt God say to me this year was that it is THOSE areas that I have gotten comfortable and settled for less that I need to make TOP PRIORITY this year. Not only did I set resolutions in those areas, but those areas are the ones that I am intentionally developing habits, breaking habits, setting into routines, troubleshooting, and making a part of my life and lifestyle this year. I am so excited to see what God is going to do this year! I am expecting big breakthroughs this year. NO MORE SETTLING! How about you?

## **7. Get a plan!**

It has been said that to fail to plan is to plan to fail. This is so true. This is key to your success. Take time to get your plan together. If you don't have resolutions, today is the day to set them. If you haven't really taken time to get a plan for reaching those resolutions, today is the perfect day to pull aside and do that hard work. Yes, even if the year is well under way. Set those resolutions. Then, don't let them collect dust. WORK YOUR PLAN! Again--DAILY WORKOUTS! It is going to take discipline DAILY.

Are you ready to go?

Do you need to plan a bit more?

How will you make sure that you work your plan?

How can you set aside time to work on your plans each and every day?

How will you hold yourself accountable?

My dear friend, get a plan today. Don't let this year slip by. Set your resolutions. Set goals for reaching your resolutions. Then, get a plan for working on them each and every day. This is a HUGE secret that will help you to reach your resolutions this year.

And, don't forget the next one...

## **8.Set and Keep DEADLINES!**

Yes, pick a date. Use it as a mile-marker. Shoot for it. Work for it!

Go back over your resolutions. Do you have a reasonable date to work toward? When?

Look at your calendar. When will you set your checkpoint to make sure that you are on track?

Now--what if this is your struggle and you have disappointed yourself year after year with impossible timelines...and failure? Then, my dear friend, this is the LESSON for the year! Soooo many of us want our own TIMELINES and we need to learn how to work with even more focus allowing GOD to set the timelines for completion. THIS DOES NOT MEAN NOT WORKING OR NOT GIVING IT ALL YOU HAVE GOT! We need to learn how to work on our goals, resolutions, and dreams so we reach them--get an idea of when you can accomplish it! Can it be attained in a reasonable amount of time THIS YEAR?

Did you notice the word, REASONABLE?

Should you break it down into smaller bits that can reasonably be done over the next two, three or even five years?

Now, NOTE--Some of you may need to give your timelines over to God and give up on YOUR timelines. You may have some HUGE resolution that is bigger than a YEAR--it might need to be on a FIVE-YEAR plan or a 10-YEAR plan. Those need to be added to your BUCKET LIST. ☺ We are looking for RESOLUTIONS that can be added to your plan for THIS YEAR. Sure PART of a big plan can be added to your plan for the year--that is fine. BUT, let's set ourselves up for success. Look for things that can be attained in a reasonable amount of time. Set a deadline. No more "maybe's" or "some day's" that always disappoint. Let's set a date. Let's set a deadline of when you can do this. Shoot for it. Work for it. SET AND KEEP DEADLINES. Your deadlines will help you reach for your resolutions.



## **8. Get a Crystal Clear Vision!**

GET A VISION. I know that we have covered this in-depth. But, this is the last check on your vision.

Can you SEE what you want?

Can you SEE that project in its finished state?

Can you SEE that business, product line, website?

Can you SEE your lifestyle?

What do you really want?  
Lifestyle?

Business?

Life?

We need to take time to get a vision. A CLEAR vision of what we want and where we want to be.  
Do you see it??

What does it look like??

Without a crystal clear vision, it is easy to get stuck. Without a vision, you will run on empty, get tired and weary, stay dry and blocked, and wear yourself out trying to make things happen. Satan knows this! He LOVES to steal and kill and destroy nothing more than our dreams and goals and life purpose! This is one reason that he is constantly trying to distract you and blur your vision. You have to KNOW THIS or you will get and stay stuck!

Get the Vision! WRITE the vision! Right now is the perfect time for you to pull back and really put on paper what you want, what God has put on your heart, what it looks like. If you haven't worked on this part of our action plan, go back and really write it out. Make it plain so you can read it while you run this race of life. Today, get out that journal or notebook OR board and write the vision. Get it out of you and get it onto paper! Then, you will be ready to RUN!

That brings us to the next thing...

## **9. Get and STAY Motivated!**

It has been interesting, but not only have I seen a lot of information this year about not setting resolutions, but I have also seen a lot of information about how motivation is "in your head." I have personally seen the difference that my motivation makes in whether I attain my goals, resolutions, or dreams...or not. We need to get and stay motivated! If we don't, we will not press through for our breakthrough and reach our resolutions. But, motivation is a tricky thing! So, how do we get motivated and stay motivated even when we are facing that mountain that has loomed ahead of us for years and years? Here are some things to work through. I will help you....

### **KNOW YOUR WHY!**

You must know WHY you want it. It has to be a lot deeper if we are to have success. Go back over your resolutions. Jot them down below and beside each of them, write out WHY you want to reach it. Make sure to go in-depth. Remember that your reason for reaching for your resolution has to be stronger than your quit, stronger than your temptations, stronger than your comfort zone. Really work on this!

### **DE-PROGRAM AND RENEW YOUR MIND!**

This is a biggie! We have got to take a good look at all of the voices in our heads, all of the lies that have kept us stuck, and all of the world's ideas/ways/opinions that have influenced us. Success starts in your mind.

What are some of the things that have kept you from reaching your resolution in the past?

What are some of your excuses?

What are some of your fears?

What are some of your beliefs that have influenced your choices?

What is the REAL TRUTH?

**GET THE VISION**

We have done a lot of work on this one, so just to note it again. Can you see what you want?

You will ALWAYS go back to your default when times get tough! You HAVE to see the prize, the goal, a clear picture, the LIFE that you want, the end that you are working toward. Get the vision. Write it down. Keep it before you!

**BRAIN DUMP AND WORK IT**

Wishes do not keep us motivated. We have to get it all out of head, get a plan, and work that plan.

Have you brain-dumped and got a plan yet to work this year?

If not, go back and work through this guide. Brain-dump so you can get a rock-solid plan for working toward your resolutions.

**OVERCOME ALL RESISTANCE**

Resistance will wear you down. Resistance will frustrate you. Resistance will kill your motivation.

You know your resolutions. When you think about them, does any resistance flare up? Write your resolutions and list any resistance that pops up...

Now, go back over what you wrote. What are you going to do to overcome that resistance? What do you need to do?

**SET GOALS DAILY!**

This is so key! Success fuels motivation. We need to set goals that we can reach DAILY. It can be a small step or a very big step forward. It can be trying to run a little longer or further. It can be setting aside time to write on that topic that you love. It can be cleaning out that cabinet. It can be brain-dumping and getting a plan. On and on. The key is to set goals daily that will make yourself proud. Let's look at this for a bit.

Think back over your past areas of success. Do you remember any small or big steps that really fired you up and motivated you to keep on going?

Look at your goals and resolutions. What can you do today to move forward, make yourself proud, and fuel your motivation?

## **GET RID OF QUIT**

The big thief who sneaks in and commonly steals motivation is that possibility to quit. Yep!

I want to share a very special passage of Scripture that inspires my family. It comes from **1 Corinthians 4** in the *Message Bible*.

16-18 So we're not giving up. How could we! Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without his unfolding grace. These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us. There's far more here than meets the eye. The things we see now are here today, gone tomorrow. But the things we can't see now will last forever.

If we want to get and stay motivated, we need to make this passage our mindset--no giving up, no quitting.

What do you see right now?

Now, fast-forward. What will it be like on the other-side? What will it be like if you reach your resolution?

Oh! Get your eyes on that. It will motivate you to keep on keeping on until you reach your resolution.

**REWARD YOURSELF**

Yep! You read right! Want to get and stay motivated? You need rewards all along the way! REGULAR rewards and a really BIG reward at the end!

Go through your resolutions. What will be your reward for reaching each resolution? Write it out....

Does that inspire you?

Make sure that your rewards inspire you to press past the resistance and the "default" that you will battle this year. Set up rewards. Find great treats that will inspire you! Determine a reward at the end of every project, every goal, every task! REWARD YOURSELF! :) Reward yourself all along the way!

**SET YOUR PACE!**

My dear friend, this year I want to challenge you to really get in your own rhythm and set your own pace, a pace that will take you to the finish line. Then, stick to your pace all throughout this year.

Go back over your resolutions. In your every day life, can you fit in the steps/to-do's that are necessary to reach your resolutions?

How are you going to set your pace so you can get things done?



Are there things that are pushing you or pulling you back? What will you do with them?

Does it frustrate you when you look around at what others are doing?

How will you get your eyes off of others so you don't get in that trap again this year?

Oh! Want to stay motivated? My dear friend, set YOUR pace, run YOUR race!

**NAVIGATE THE OBSTACLES AND DISTRACTIONS**

We all have obstacles and distractions that can frustrate us and get in our way. DON'T LET THEM WHIP YOU! The enemy uses them to get you down. Beat them and you will be infused with motivation for the NEXT STEP/NEXT THING.

Think back over the obstacles and distractions that get you off track. What are they?

What can you do with the obstacles?

Are there things that distract you regularly? What are they?

What will help you this year to keep your eyes on the goal?

**ENCOURAGE YOURSELF**

The one person who is with you day-in-day-out is YOU. Find ways to encourage yourself and motivate yourself all along the way.

Take a few minutes and brainstorm ways that you can encourage yourself....

**SURROUND YOURSELF WITH SUPPORT**

When I look back and evaluate the things that I have successfully done, it is interesting--I always have a strong support system in those areas. Want to accomplish much? Want to reach your resolutions? Surround yourself with support. Let them in so they will get to know what you really need along the way. Let them help you. Let them encourage you along the way. Let them challenge you so you will get and stay out of your comfort zone.

Who supports you?

Are you letting people "in" so that they can truly support you?

Are you a lone-ranger?

Do you let others know you well enough so they can truly motivate you to step up to your call?

Who has challenged you lately? How?

Who has encouraged you? How?

Who is helping you to reach your resolutions? How?

Who will you put into your circle of support this year?

**DO IT!**

Yep! This is the year of massive action! Don't just talk about what you want to achieve, let's get busy doing it. NO excuses! No Putting it off. NO waiting. DO IT. DO IT NOW.

You know your resolutions. Are you moving out to reach them?

What are you doing today to take the next step?

How will you hold yourself accountable?

**KEEP MOVING!**

What is it about New Year's Resolutions that inspires people to get up and get going, BUT only a few days into the New Year, they are paralyzed! Keep moving. Don't stop. Don't ever quit. Shrug off bad days. If you mess up, get back on the program. Don't ever quit, just get back moving. Push past slumps!

Do you have a plan to keep moving this year? What is it?

**SHAKE THINGS UP!**

The most interesting thing about typical resolutions--it is so easy to get stuck in a rut. If you want to stay motivated, you are going to have to shake things up from time to time. Find ways to do it different and keep yourself freshly inspired.

Think back over your resolutions. Are there several ways that you could do it? Are there several options? What are they?

Don't let them options paralyze you. Use them to shake things up along the way. Use them to bust plateaus. Use them to keep you motivated all along the way.

**DON'T RUN ON FUMES!**

Nothing seems to zap our motivation quite like not having the energy to get things done. Want to stay motivated? Don't run on fumes! Take good care of yourself--spirit, soul, and body. RE-CHARGE!

How will you intentionally "refill" so that you don't run on empty?

## **10. Dare you to MOVE!**

There is a New Year before you. A year full of possibility, promise, and opportunity. What are you going to do with it?

I dare you to move!!

Reach for your resolutions this year!

**Bonus Goodies!**

**Printable Planning Pages**

# My Dream List:

*Time to brainstorm your list of dreams. Take a few moments to brainstorm things big and small that you would like to do, see, be, experience. Consider this like your "Bucket List."*

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# My Vision:

*I See* \_\_\_\_\_

*Cut out or draw a picture of  
your dream here!*



# Goals Towards My Vision:

*Brainstorm everything that needs to be done to reach for your dream.*

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# To-Do's for Each Goal:

*Brainstorm everything that needs to be done to reach for your goal.*

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# My Links and Log-In Information:

*Include a list of your websites, social network links, etc. Include any log-in information that you may need—  
this is a great back-up in the case of computer or memory crashes!*

Name of Site:

Link to Site:

User-name:

Password:

Any other information

Name of Site:

Link to Site:

User-name:

Password:

Any other information

Name of Site:

Link to Site:

User-name:

Password:

Any other information

# Yearly Planner...

Plan and list below your projects throughout the year!

January

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February

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March

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April

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May

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June

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July

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August

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September

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October

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November

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December

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“May the words of my mouth and the meditation of my heart be pleasing in Your sight, O Lord.”  
Psalm 19:14





# My Weekly Planner...

## My Goal For This Week:

## A Glance At This Week...

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

## Special Notes To Remember:

## My To-Do's This Week':

## Calls, Mail, and Email:



# Yearly Project Planner

*Jot down projected projects for each month.*


# Yearly Promotions Planner

*Jot down projected promotions for each month.*
