

REVISED & EXPANDED

7 HABITS
FOR
SETTING & ACHIEVING
GODLY
GOALS
4TH EDITION

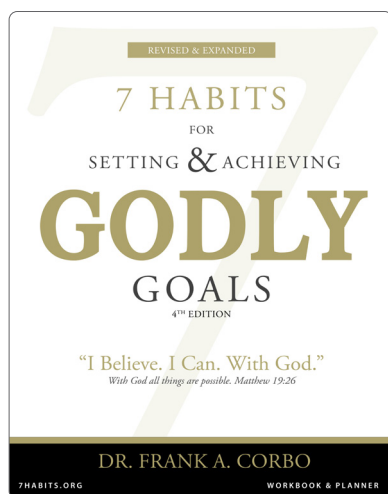
“I Believe. I Can. With God.”

With God all things are possible. Matthew 19:26

DR. FRANK A. CORBO

HABIT⁺OLOGY[®]

LIFE BALANCED GOD'S WAY



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Left to right. Papa, Gigi, Happy, Mikayla, Kiyah, Joy, David, Tori, Nicole and Austin.

AS THE FATHER of three daughters, two grand daughters, and the brother of three older sisters, Frank has been surrounded by women his whole life.

“Growing up with his three older sisters five years apart was certainly an adventure.” From being the original Make-Up Barbie Doll®, to the nightmare of the dreaded price check on feminine hygiene, Frank has been through it all.

Frank and his wife and best friend Wynn met while working Milan, Italy, and have been married for over 30 years. They have three beautiful daughters, Mikayla (married to David), Tori, and Nicole (married to Austin), and two precious granddaughters, Kiyah and Joy, and G3 on the way!

When he's not fighting for his corner of the bathroom vanity, through curling irons, blow dryers, make-up, and hair spray, Frank develops strategic growth plans for healthcare businesses.





I

HABITOLOGY®

INTRODUCTION

“Life is not primarily a quest for pleasure, as Freud believed, or a quest for power, as Adler taught, but a quest for meaning.”

Viktor E. Frankl

“God, is there a way for me to weave my passion and my purpose, my career and my calling into the same project?” I asked with hesitation because I feared what the answer would be. I’ll never forget His response, “Absolutely Frank.” And Habitology® was born.”

Dr. Frank A. Corbo

I'LL NEVER FORGET, ALTHOUGH IT SEEMS LIKE yesterday, but it was 10 years ago, when I asked God one of the most important questions I'd ever asked Him. I was at a crossroads professionally. I had just resigned from a senior level position, one which came with a very nice salary and benefits. I was sitting at my desk, and I summoned the courage to ask God this simple question: "God, is there was a way for me to weave my passion and my purpose, my career and my calling into the same project? I asked almost with hesitation because I feared what the answer would be. I'll never forget His response, "Absolutely Frank." And Habitology® was born.

Welcome to Habitology® for Men, and thank you for requesting the 7 Habits for Setting & Achieving Godly Goals program. It's my honor and privilege to have the blessing of sharing it with you.

My guess is that you requested this program because you're a man whose faith is an integral part of your life, and you would like to learn how to incorporate your faith into the goals you desire to achieve. I am so excited we share that same desire to achieve not only our goals, but also God's goals for our lives.

"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."

JEREMIAH

29:11

NOTES

Habitology® is a faith-based approach at balancing a man's life grounded in God's word. One of the most common goals and resolutions for men each year is to attain a greater work life balance. Never has it been more tricky, more complicated, or convoluted; to accomplish then when that man is an entrepreneur. Add to that being married, having children, having a few employees, or perhaps no employees, and all the while desiring to ensure that his business applies godly principles. That is indeed a great challenge, but it is one that I am confident you can accomplish.

Bob Bufford in his bestselling book, "Half Time" talks about moving from success (me-centered) to significance (other's-centered). In the book of Acts, Paul puts it this way as he remembers what Jesus said, "it is more blessed to give rather than receive" (Acts 20:35b). And perhaps one of the more well known verses is found in the gospel of Mark. I love the simplicity of what he says, "What good is it for someone to gain the whole world, yet forfeit their soul?" (Mark 8:36)

"What good is it for someone to gain the whole world, yet forfeit their soul?"

MARK 8:36

This is the very spirit in which this book was written. The purpose for inserting "Godly" into the 7 Habits for Setting & Achieving Goals is to keep that perspective, the bigger picture, in mind when we craft our goals list. To help put context around this concept, I'll be sharing a few chapters from my coaching program, Habitology® Life Balanced God's Way, with you. I trust it will be helpful in getting the backstory and a deeper understanding of the mission God gave me to encourage men to love and follow Him more closely.

However, before going any further, please permit me a moment to share something with you. It's very important to

me that you know that I am not perfect, nor do I have perfect habits. I'm not on a mountaintop, nor am I coming down from a mountain to deliver this message to you. If you could see me right now you would notice that I am not holding tablets in my hands. However, here's exactly where I am: *I'm right in the same valley you're in, and I'm fighting the same battle for balance and significance that you're fighting.*

So, rather than seeing me as the "Habit Expert," see me as someone who co-labors with you, a brother if you will, as we set out to fight the same enemy of our souls together, shoulder to shoulder - arms locked together.

"As iron sharpens iron, so one man sharpens another."

PROVERBS 27:17

"As iron sharpens iron, so one man sharpens another" Proverbs 27:17 says. Truth be told, I need as much sharpening as any other man. I'm not immune to the battles men face, and I'm certainly not immune to the battle for balance. In fact, quite the opposite is true. For many years I struggled with work-life balance. As an entrepreneur, the "eat what you kill" scenario was a part of my life. "It was feast, it was famine. Jekyll and Hyde. And along with it came the mood swings, the frustration, and the lack of patience in my personality.

The lack of patience lead to some of the poor choices I've made, choices that really indicated that I didn't trust God as much as I thought. This was a huge revelation for me because my whole life revolves around trusting God. Anyone who knows me knows that Christ is the center of my life. However, looking back at those choices, I found that lack of trust was the reason I made them.

God, in His perfect patience, shared with me that *patience requires trust*. For most men, patience is not something that comes naturally. If it does for you, consider yourself fortunate.

One day in my quiet time, God shared with me in a vision that He plays three-dimensional chess with our lives. Although the vision was brief, it captured the essence, the importance, and the impact patience provides.

Here's what God shared with me: the game of chess requires patience (that's well known). Patience in moving the right piece at the right time in the right order. Strategy at it's finest. The right piece moved at the wrong time can trigger a sequence of consequences that, at best, may take a dozen more moves to unwind. And more often than not, it may be impossible to overcome.

"Frank," He said as clear as if He was sitting in the room with me. "You are taking the pieces out of my hand and moving them for Me. You don't trust me Frank. You don't realize that I know exactly what I'm doing with the pieces of your life, and every time you take a piece out of My hand and move it for Me ahead of its time. I have to rearrange the rest of the game to overcome that move. You know My word very well. Do you recall how long it took the Israelites to complete the ten day trip to the Promised Land?" "Forty years," came my reply. "Yes, forty years," He answered, as He nodded His head with a combination of love and affirmation.

*"God shared we me that
patience requires trust."*

God's revelation to me finished with this, "Frank, some of the pain that you are experiencing in your life is simply because you went ahead of Me and My plan for you. You will continue to receive less than the life of abundance I have for you if you continue to move ahead of Me. Now, if you truly trust Me, be patient, and I promise you I will give you immeasurably more than you could ever ask or imagine."

And with that, I understood better than ever that my circumstances do not indicate God's lack of involvement, His presence, or His attention, but rather they may just be a part



Do You Trust Me Frank?

If you truly trust Me, be patient, and I promise you I will give you immeasurably more than you could ever ask or imagine."

of His plan as He is moving my chess pieces to the precise location. It's hard to explain the peace and quasi-joy, or quiet contentment, that I had at that moment. James 1:2-4 came to mind and perfectly describes how I felt,

*"Consider it pure joy, my
brothers and sisters, whenever
you face trials of many kinds,
because you know that the
testing of your faith produces
perseverance. Let perseverance
finish its work so that you may
be mature and complete, not
lacking anything."*

JAMES 1:2-4

Now that we’ve clarified the “Godly” part for “7 Habits for Setting & Achieving Godly Goals,” let’s discuss the “goals” part. As a chiropractor, I learned quite well the connection between structure and function. For example, if you have a normal spine structure, you can expect normal spine function. If, however, you have a scoliotic spine structure, you can expect less-than normal spine function. So, an important concept to understand is “structure dictates function.”

The structure, or framework, of Habitology® is that there are five areas or categories of our lives. They are Personal (P), Business (B), Financial (F), Relational (R) and Spiritual (S). However, as you can also see these five areas fit in between

two pillars “disciplines” and “habits.” On top is the “ceiling of accountability,” covered by grace and mercy, with Christ as the top. All of this sits on the foundation of Godly principles. (See Figure 1.1)

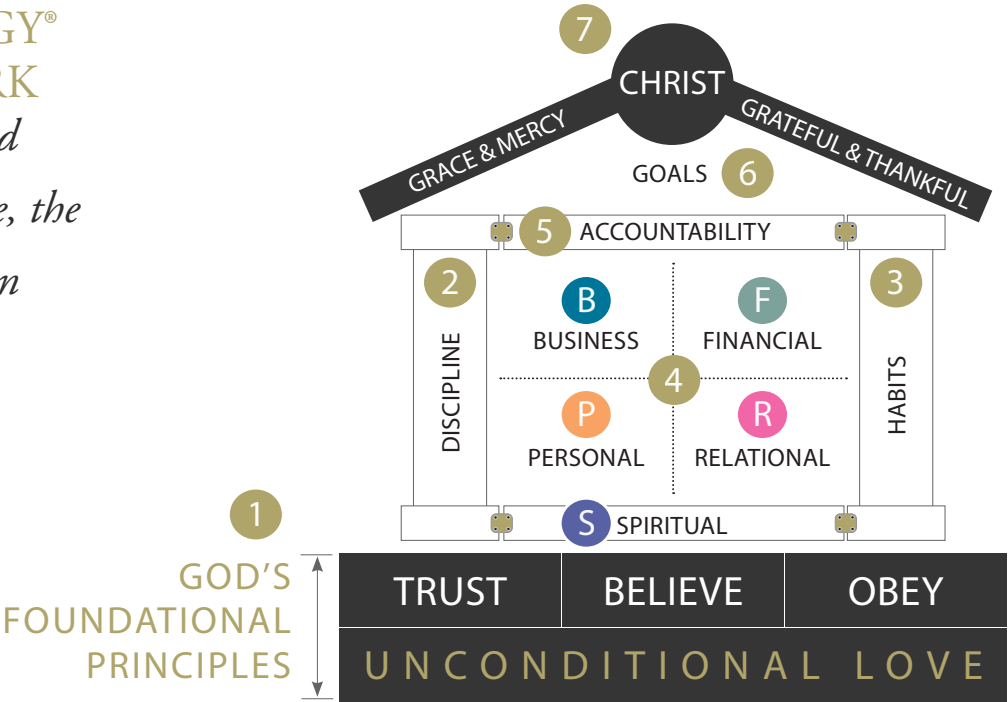
This structure dictates that in order to achieve balance in our goals in the five areas of our lives (PBFRS), we have to incorporate the other essential ingredients, such as discipline, habits, accountability, grace and mercy, and with Christ as our head and God’s principles as our foundation.

In other words, we have reverse engineered achieving balance by developing the framework that produces it. Let me

HABITOLOGY®
FRAMEWORK

*“Unless the Lord
builds the house, the
builders labor in
vain.”*

PSALM 127:1



HABITOLOGY® FRAMEWORK

The Habitology® framework as seen in figure 1.1 shows the relationship between the elements of our purpose, (1) God’s Foundational Principles, (2) Discipline, (3) Habits, and (4) Balance in the 5 areas (Personal, Business, Financial, Relational and Spiritual), along with (5) Accountability, (6) Goal Planning, (7) living life with Grace & Mercy, Gratitude & Thankfulness with of course Christ as the head over all.

Figure 1.1

clarify this critical point with this illustration. I've surveyed thousands of men asking these two simple questions:

Question #1: Do you have balance in your life.

Answer #1: No

Question #2: Do you wake up with balance being a goal you wish to achieve?

Answer #2: No

“Begin with the end in mind.”

So here's the point: If we don't begin our day with balance as the goal we would like to achieve, it will be near impossible to achieve it. Simply put, we have to begin with the end in mind. Habitology® incorporates this concept in its tools, templates and training. (For example, see Figure 1.2)

In the pages that follow, I will share with you many more concepts, illustrations, and personal stories all with one singular desire, and that is to encourage, motivate, and inspire you to be all that God created you to be.

Thank you for joining me on this journey.

May God richly bless you,



Dr. Frank A. Corbo, Habitology®

7 Habits for Setting & Achieving Godly Goals

My Master Goals List

I believe. I Can. With God.

HABIT 4

	COMPLETE BY	REMINDER SET?	CATEGORY PBFERS	PRIORITY ABCDE	FREQ DWMY	BIG ROCK	EPH 3:20	ACCT PARTNER
Lose 17 pounds	3/15/23	X	P	B	Y			AP
Increase income by 18% this year	12/31/23	X	B	B	Y			AP
Define/maintain household budget	1/15/23	X	F	A	M			AP
Date nights with girls 1x/mo.	1/4/23	X	R	A	W	X		AP
Daily devotional reading	1/4/23	X	S	A	D	X		AP
Quit Smoking	3/15/23	X	P	A	D	X	X	AP

LEGEND

P Personal	R Relational	D Daily	A A Priority	D D Priority
B Business	S Spiritual	W Weekly	B B Priority	E E Priority
F Financial	X Completed	M Monthly	C C Priority	AP Acct. Partner

Figure 1.2



II

GOAL SETTING
FUNDAMENTALS

(If) we believe Genesis 1:1, “In the beginning God created the heavens and the earth,” and (if) we believe that He hung the stars in the sky, (then) we should have no difficulty believing Matthew 19:26, “that with God all things are possible.”



“The secret of getting ahead is getting started.”

Mark Twain

THE FUNDAMENTALS OF SETTING & ACHIEVING GODLY GOALS

“Gentlemen, this is a football.”

Vince Lombardi

Whether his team had won the Super Bowl the previous year or not, legendary coach Vince Lombardi started every new football season with these infamous words, “Gentlemen, this is a football.” In football, the fundamentals are blocking and tackling. In Godly goal setting and achieving, the fundamentals are just as important.

The Fundamentals of Setting & Achieving Godly Goals

If we believe Genesis 1:1, “In the beginning God created the heavens and the earth,” and if we believe that He hung the stars in the sky, then we should have no difficulty believing Philippians 4:13, “I can do all things through Christ who strengthens me,” simply because of Matthew 19:26, that “With God all things are possible.”

Why is it important to start with the fundamentals? The main reason is because our enemy will do anything to keep us from accomplishing our God-given goals.

Therefore we must be grounded in the fundamentals, the basics of goal setting and achieving:

I believe. I Can. With God.



Sign here if you believe, you can, with God.

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

MATTHEW 6:33

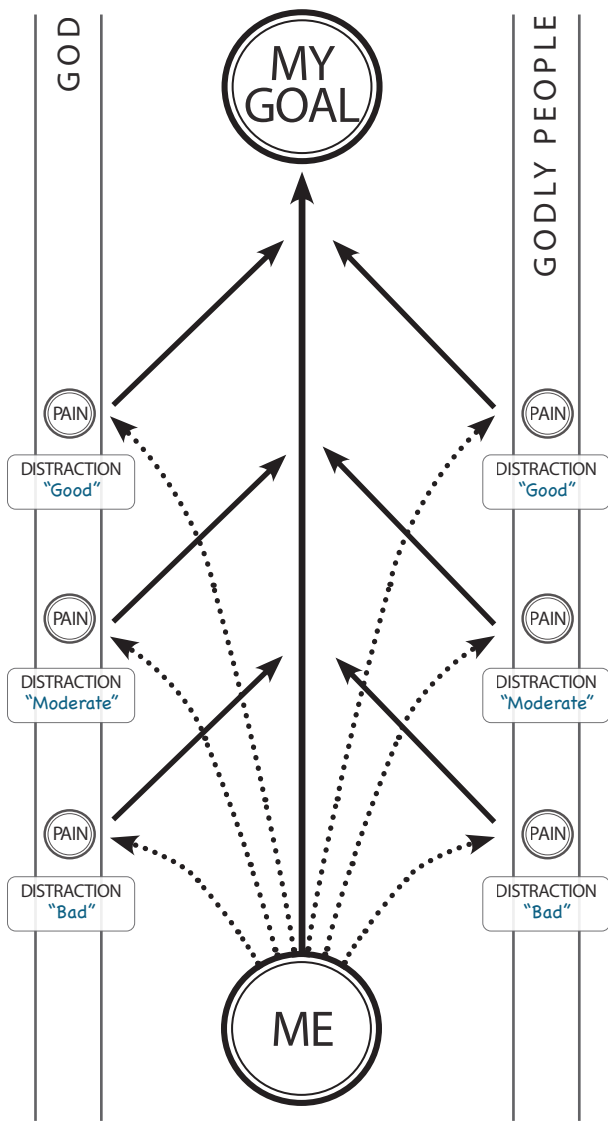
NOTES



DESTROYING DISTRACTIONS

The last thing the adversary wants for us is to achieve the goals that God has for us. Therefore in an effort to stop us, he places distractions along the pathway between us and our goals. It is important to have God and Godly people to serve like kid-bumpers in the bowling alleys, that keeping the ball on track as it moves towards the pins. Identifying these potential distractions beforehand may also assist in achieving your goals more quickly and, potentially with less pain.

NOTE: Sometimes a distraction can be disguised as something that is “good,” but it may not lead to the “great” goal that God has for you.



“The single greatest obstacle to achieving our goals may just be found between our ears.”

The enemy of our souls knows this better than anyone else. He uses our minds as the greatest advantage (in this case, the greatest obstacle) in holding us back from achieving the full purpose and plan for which we were uniquely created.

Here are a few tools that the enemy uses:

1. Distractions – This is now an art form with 24/7 access and use of smart phones.
2. Doubts – Negative self talk is our most common language.
3. Denial - denying the important for the urgent has won many victories.
4. Deception – The adversary is the father of lies and deception
5. Delay – “It’s not that important, it can wait until later.”
6. Devaluation – Perhaps the most powerful of all in his tool box, he gets you to believe that you have no value and therefore aren’t worth achieving the goal anyway.

He uses each of these tools to perfection in getting our mind off our God-given Vision, Mission and Purpose. To combat these tactics let’s look at the following illustration:

$$(B + W + V) + (T + A + H) = R$$

[B] Believe - I believe God loves me.

[W] Worth - I matter so much to God that I am worth dying for.

[V] Values - Because I am valuable, I am protected.

[T] Thoughts - God values my thoughts because they lead to my actions.

[A] Actions - My actions over time develop my habits.

[H] Habits - The sum of my habits yields the result of my life.

[R] Results - My mission is to provide the result of fruit, fruit that lasts.

Here’s my 30,000’ approach to achieving the goals that I set:

[Morning] 1. Pray 2. Plan 3. Proceed 4. Plan 5. Pray [Evening]

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

MATTHEW 6:33

1. Pray.

In my humble opinion, there is no better way to start the day than in prayer. It provides me an opportunity to express my gratitude and thankfulness, as well as asking God for guidance, direction, wisdom and knowledge for my day.

2. Plan.

Now that I have asked God for guidance, direction, wisdom, and knowledge, I proceed with planning out my day from a time, project and goal perspective.

3. Proceed.

Once I have prepared the plan for the day on paper, I have a better chance of being more efficient and effective.

4. Plan.

Tomorrow's victories begin with today's planning. Five or ten minutes is all it takes to make tomorrow more effective.

5. Pray.

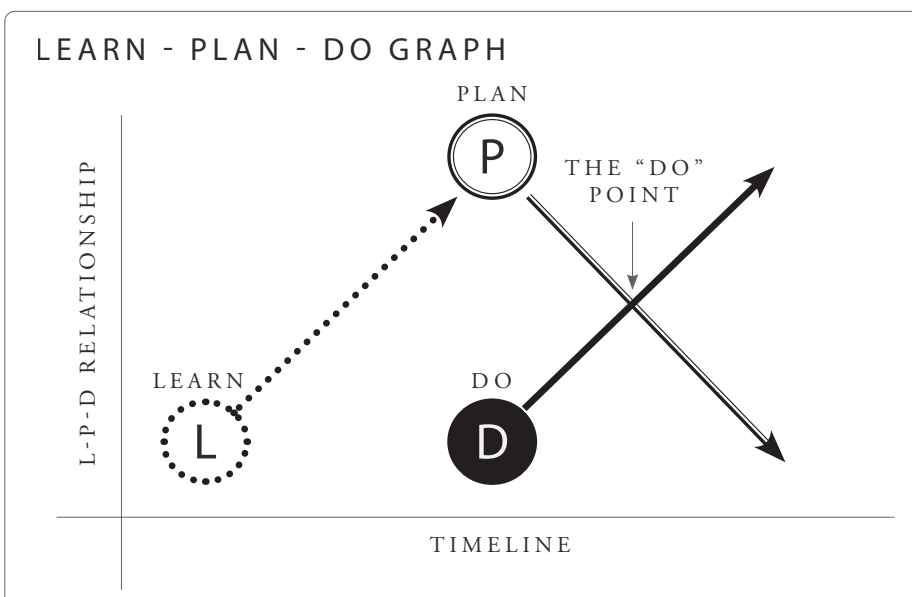
Closing the day in prayer once again provides me the opportunity to thank God for the day and all that it held, to pray for those on my prayer list, and to ask Him for peace and rest.

Morning*Pray**Plan**Proceed**Plan**Pray***Evening**

“Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

PSALM 100:3-4**The Learn-Plan-Do Sequence**

Ready. Aim. Fire. The perfect sequence for hitting a target is also the perfect sequence for hitting your goals. The terminology is different, but the result is the same, effectiveness and efficiency in accomplishing our objectives.



“Remember we are all a work in progress and that we are not perfect.

The key is to keep reminding ourselves of our declarations and that in the slow, steady progress He is teaching us to lean on His strength and unlimited power.”

Wynanda A. Corbo

PRIORITY CLASSIFICATION

When planning our priorities, I use a simple classification system that I learned from one of my productivity mentors, Brian Tracy. Here's his ABCDE prioritizing system:

- A** "A" Priority task is one that if not completed comes with significant consequences.
- B** "B" Priority task is one that if not completed comes with mild to moderate consequences.
- C** "C" Priority task is one that if not completed comes with no consequences, because it is a "want to" not a "have to."
- D** "D" task is one requires accomplishing because it is an A or B Priority: however, getting it accomplished requires that it be delegated. The key with the delegation is that it be done with clarity, not chaos.
- E** "E" task is one that simply needs to be eliminated. If we complete the Time Inventory Test, we will see that there are many tasks on our day-to-day list that can truly be eliminated.

1. Ready = Learn; 2. Aim = Plan, 3. Fire = Do

It's important to note that each of the three phases are continuous in nature. For example, we are continually learning, continually planning and continually doing. The diagram is for communicating the relative timing of each phase.

A. The Learning Phase

I'm a Learner® (www.streghfinders.com) and so for me this part is easy. The purpose of the learning phase is to obtain enough information about what it is that you would like to do so that you can do it effectively and efficiently. My temptation here is because I am a Learner® I can spend literally all day learning, and never get to the Planning Phase or the Doing Phase.

The cool thing about the learning phase is that we can "borrow" someone else's knowledge (their learning) in order to accomplish our objective. Let me explain.

I have studied habit development for years. I have read over 1,000 pages of text related to habits, from the neuroanatomy of habit development, to how to start good habits, stop bad habits, and everything in between. Again, I'm a Learner®, so I just love learning this stuff. Odds are you might not be a Learner® and therefore you're not going to go to the list of references and read every reference, article, or book on the list.

Ah, but what you can do, is simply apply the concepts and principles that I (or other content experts) recommend to achieve your goals and objectives. The key is to obtain through learning, directly or indirectly what we need to know to be efficient and effective.

B. The Planning Phase

The purpose of the Planning Phase is, of course to plan out how we are going to accomplish the things that are on our "Do List." Now, I can plan with the best of them. However, the Planning Phase also comes with some pit falls. For example, "the procrastinator", the "good intentionist", or "the perfectionist".

C. The Doing Phase

I have a tendency, not sure if anyone else can relate to it, but I can be an over doer or an all-or-nothing doer. Once we have our list of tasks and we have prioritized them, we can now plan our how we will get them done. Studies show that we can effectively handle 2-3 main tasks per day. The key is staying focused on those tasks. Preemptively determining the potential distractions is critical to being effective and efficient with task completion.



EXERCISE: LEARN, PLAN, DO

How would you rank your Learn, Plan, Do preference?

For the record, I'm a: 1. Learner, 2. Doer 3. Planner



LEARN



PLAN



DO

Man In The Arena

As you plan out your goals for the upcoming year, you may want to photocopy the excerpt from Theodore Roosevelt’s speech, “The Man in the Arena.” There is no doubt that when you tell others about your goals and plans, a few “critics” will arise. However, stay the course. God will provide everything you need to accomplish the Mission He has laid out for you. Continue to ask Him daily for a clear view of His Vision, and ask Him if you are going in the right direction. Your accountability partner and other wise council will be helpful in providing guardrails for your protection.

THE MAN IN THE ARENA

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Theodore Roosevelt, The Man in the Arena, Paris, France - April 23, 1910



EXERCISE: WHOSE VOICE ARE YOU LISTENING TO?
Remember it’s not the critic who counts.



TODAY I CHOOSE TO LISTEN TO
WHAT GOD SAYS ABOUT ME

Which critic(s) do you need to stop listening to?
NOTE: Sometimes we can be our biggest critic as we communicate negative self-talk each day. Don’t believe those lies! You are a child of the Most High God and He loves you unconditionally!

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena.

NOTES



III

THE ANATOMY OF A HABIT

*“For it is God who works in you to will
and to act in order to fulfill his good
purpose.”*

Philippians 2:13



*We are what we repeatedly do. Excellence, then,
is not an act, but a habit.*

Aristotle

THE ANATOMY OF A HABIT

A considerable part of our lives is administered not by our deliberate choices, core values or beliefs, but instead by our behavioral patterns otherwise known as our habits. Once entrenched into the fabric of our lives, our habits become ingrained, deeply rooted, and difficult to displace.

Habit \ hab-it

A habit is an (1) acquired behavior pattern (2) regularly followed until it has become (3) almost involuntary; for example, washing your hands after going to the bathroom, brushing our teeth before going to bed, driving to school or work using the same route.

Based on the above Webster's Dictionary's definition, a habit has 3 requirements:

1. Acquired behavior pattern
2. Regularly followed
3. Almost involuntary

THE PURPOSE & POWER OF OUR HABITS

Habits serve a fundamental purpose by liberating, releasing, and repurposing our valuable mental processing power so that it may be utilized or redirected to other activities that require more of our attention.

"We've always thought—and I still do—that the value of a habit is you don't have to think about it. It frees up your brain to do other things," says Institute Professor Ann Graybiel, a member of the McGovern Institute for Brain Research at MIT.

In fact, studies reveal that our habits are so entrenched in our subconscious mind that almost 50% of our daily activities are accomplished as if we were running on autopilot rather than the result of deliberate thoughtful actions. In this way, habits can play a significant role in making us (mentally at least) more efficient.

*Something that once
required our full
attention, parallel
parking for example,
can now be done with
a Latte' in one hand,
a screaming toddler in
the back seat, all while
singing to O' Holy Night
on Pandora.*

NOTES

The encouraging news is that once a new habit is entrenched, we can enjoy the rewards of that habit for a lifetime.

NOTES

“Habit and routine free the mind for more constructive work.”

Theodore Roosevelt

Think of the first time you backed your car out of the driveway, or learned how to parallel park. The amount of brainpower commandeered was enough to set off sparks. Learning anything new the first time requires the mind to develop neurological pathways called “engrams” which are the product of our minds meticulously ingraining every detail in our cortex. Once the engram is developed, the brain can spend less and less time understanding the pathway, and more and more time completing the task at hand.

Something that once required our full attention, parallel parking for example, can now be done with a Latte’ in one hand, a screaming toddler in the back seat, while singing to O’ Holy Night on Pandora.

Neuroanatomy the Key to our Habits and Memories

Psychologists and neuroscientists have divided memory systems into two broad categories, declarative and nondeclarative. Declarative memory is “knowing what” and nondeclarative memory is “knowing how”.

The declarative memory system is the system of memory that is perhaps the most familiar. It is the memory system that has a conscious component and it includes the memories of facts and events. A fact like ‘Paris is the capital of France’, or an event like a prior vacation to Paris.

Nondeclarative memory, also called implicit memory, includes the types of memory systems that do not have a conscious component but are nevertheless extremely important. They include the memories for skills and habits (e.g., riding a bicycle, driving a car), a phenomenon called priming, simple forms of associative learning [e.g., classical conditioning (Pavlovian conditioning)], and finally simple forms of nonassociative learning such as habituation and sensitization.

THE NEUROLOGICAL HABIT LOOP

At the center of habit development is the neurological engram or “loop” as discussed by Charles Duhigg In The Power of Habit; (see Figure 7.1)

Massachusetts Institute of Technology (MIT) researchers discovered a simple neurological loop at the core of every habit, a loop that consists of three parts: A Cue, a Routine and a Reward.

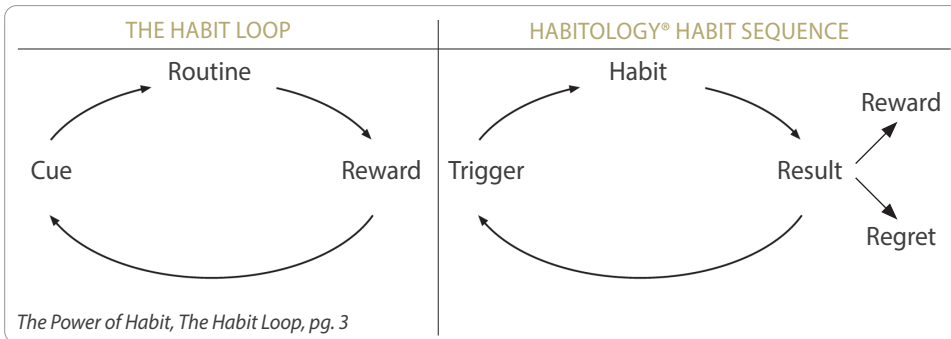


Figure 7.1

THE HABITOLOGY® HABIT SEQUENCE

The modification of the Habit Loop to the Habit Sequence is helpful, because it also takes into consideration that the “reward” found in the Habit Loop, may not actually be a desired outcome, but as with some routines, like my mother and father’s cigarette smoking, the outcome was not one that was desired.

Trigger - Habit - Result (Reward or positive outcome, Regret or negative outcome)

The cue (or trigger) is the signal to initiate the routine or habit. In the Power of Habit, Duhigg discusses 5 types of cues:

1. Location*
2. Time of day*
3. People
4. Emotions
5. Preceding Action*

The trigger is then followed by the habit, which becomes entrenched through the act of repetition. And finally a result (reward/regret) follows the habit.

**The cues or triggers that I recommend for new habit development are location, time of day, and preceding action. The reason being is that those are fairly predictable, and therefore easier to facilitate hanging a new habit upon them.*

A diary-based study conducted by researchers at Duke University, North Carolina demonstrated that around 45% of everyday behaviors by students and other members of the community involved in the study were based on habit (routine behaviors – usually performed in the same location) rather than deliberate thoughtful actions.

This is critical to understand, and is therefore worth repeating:

45% of everyday behaviors were based on habits rather than deliberate thoughtful actions

45% of everyday behaviors were based on habits rather than deliberate thoughtful actions.

NOTES

The habit combinations allow the hanging of several desired habits upon current habits in what we call “habit stacking.”

NOTES

Almost one half of our daily activities are habit-driven rather than deliberate thoughtful actions. That underscores the influence our habits have on our lives, and further emphasizes the need for men to incorporate new (*or modified*) habits into their daily lives. The encouraging news is that once a new habit is entrenched, we can enjoy the rewards of that habit for a lifetime.

GETTING STARTED WITH NEW HABITS!

Step 1. Habit Hanging

When initiating a new habit successfully, a very effective method is to “hang” or attach a new habit on a current long standing habit. For example, brushing your teeth and going to the bathroom. These are two highly necessary and for most of us not a college boy in a dorm room, I think we’d agree they are daily well entrenched routines.

Let’s use the desire to add the habit of drinking more water:

- 1. *Desired Habit*- drink more water
- 2. *Habits to hang on* - brushing teeth, going to the bathroom
- 3. *Goal* - 2 glasses/day (low gradient, win early & often) increase to 8/day over 8 weeks
- 4. *Habit helper* - water intake chart with gold stars and smiley faces
- 5. *Habit why* - Overall fitness, water enhances all body functions and health
- 6. *Reward* - Satisfaction of checking list, also know that it will help to reduce weight, enhance skin suppleness, and a bunch of other healthy reasons
- 7. *Habit combo* - combine goal to drink more water with the goal of taking multi-vitamins and nutritional supplements.

The habit combinations allow the hanging of several desired habits upon current habits in what we call “habit stacking.” In the case above where we started with drinking more water, we added or “stacked” the second habit of taking multivitamins and supplements. How about stacking some strength and cardiovascular exercises to the routine? Here’s what the Habit Stack would look like:

The Habit Stack:

- 1. *Current Habits* - brushing teeth, going to the bathroom
- 2. New Habit #1 - drinking one glass of water
- 3. New Habit #2 - taking multi-vitamin and nutritional supplements
- 4. New Habit #3 - 5 push ups (start with number that will ensure victory!)
- 5. New Habit #4 - 5 jumping jacks (start with number that will ensure victory!)
- 6. New Habit #5 - 5 squats (start with number that will ensure victory!)

This is an example of a “5 Stack.” This would be a higher gradient than 2, 3 or 4, and is for example purpose only. The recommendation is always to start with low gradient as we will see in Step 2.

My Coffee Habit Stack

On an average day at the office, I have 3-5 cups per day (I know, I know... cutting down my coffee intake is on my goals list for 2017:) using my Keurig.

Habit Stack while I'm waiting for my coffee to brew:

10 Jumping Jacks
10 Push Ups
10 Second Wall Chair
10 Lunges
Time: 90 Seconds

Daily Coffee Habit Stack Total:

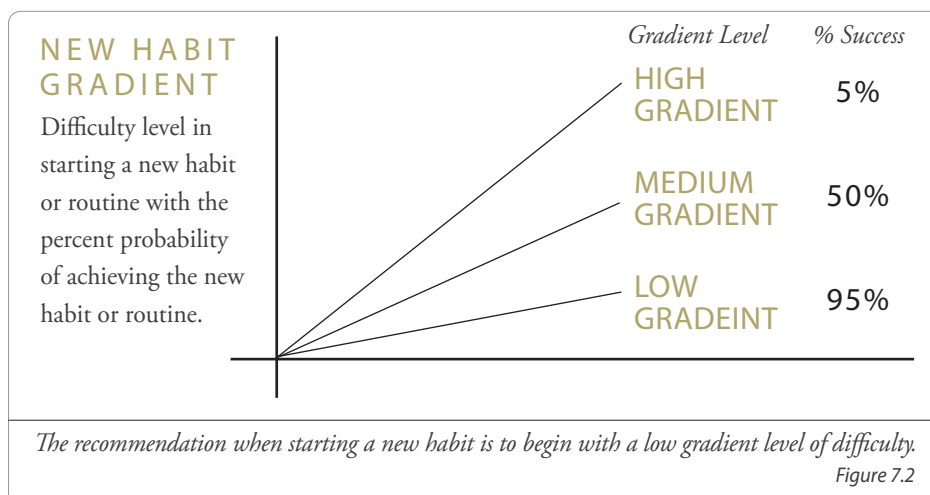
30-50 Jumping Jacks
30-50 Push Ups
30-50 Second Wall Chair
30-50 Lunges
Time: 5-7 minutes



Step 2. Win Early - Win Often

The key with initiating new habits or routines is to experience wins (successes) early and often upon beginning the new behavior. Experiencing success develops a positive neurological track (engram) and makes you favorably predisposed to the habit you are initiating. In other words, when you think of the new habit, let's say drinking more water, or taking vitamins and supplements, you want to experience a positive result early and often to build a positive mental mind-set related to the new habit.

Although these numbers have not yet been proven out in research, the concept is what I want to express. The higher the gradient level of the new habit or routine, the lower the success rate in achieving and/or maintaining the desired new habit or routine. (see Figure 7.2)



Habitology® Framework:

1. Define and describe goal or habit to start.
2. Commit to achieving goal or habit
3. Plan how you will achieve goal or habit
4. Find accountability for habit
5. Hang new habit on current habit
6. Monitor habit progress daily
7. Reward yourself for achieving goal

Reward Recommendations:

Tie to 5 Love Languages

1. Words of Affirmation
2. Acts of Service
3. Receiving Gifts
4. Quality Time
5. Physical Touch

NOTES

NOTES

Step 3. Reward yourself!

To further set your new routine or habit in place, be sure to “reward” yourself for the accomplishment. Be smart about the reward, of course you don’t want to eat a bowl of ice cream after a 5 minute walk, but a Hersey’s Kiss is fine.

Step 4. Commit to a plan

New habits don’t just happen. We need consciously to work out how to build them into our lives. One technique is to make an exact plan and commit to it personally and if you’re comfortable, tell others about it as well. Behavioral scientists call this commitment bias - we are more likely to carry out a task if we commit to it, especially publicly.

Step 5. Stick with it!

It takes time to build a new habit, embed it in our routines and make it automatic. Realistically, no new behavior is going to become part of your life overnight. A study conducted by Phillippa Lally and colleagues at the Health Behaviour Research Centre at UCL in 2009 found that it took anywhere between 18 days (2.5 weeks) and 254 days (over 8 months) to cement a new habit. The average was 66 days. So be sure to stick with it! This is where your accountability partner will help encourage you.

NOTES

GOALS NIGHT!

OVERVIEW

Our 15th Year Anniversary of Family Goals Night!



Over the years, several of you have asked me what some of the important ingredients are to raising a family with Christ at the center. Although I am far from being an expert, one of the foundational elements God has guided us in is what we call the *“Corbo Family Goals Night.”*

It’s hard to believe that this year is our 15th anniversary of sitting together and sharing our hopes and dreams for the upcoming year. I can remember seeing Nicole’s first goals written in crayon, “I want to help Mommy with the laundry and keep my room clean.”

Like most of you, I take goal setting very seriously, as I believe God desires us to steward well what He has entrusted to us individually, and also as a family.

Here’s an overview of what God has spoken to me over the years regarding our Family Goals Night.

1. Prayer

Pray for a Word for your family; Pray over your family.

This is one of the things I get most excited about! Starting in November, I begin to ask God through the Holy Spirit to give me a word for our family.

I also ask Him to confirm this word in 3 ways:

- i) Through His Word
- ii) Through the Holy Spirit
- iii) Through someone else

Sometimes I get this word early in November, and other times it’s been late in December. The key is seeking the Lord’s covering over your family.

Here are a few examples:

• **2009 Theme: RESPONSIBILITY**

- The gateway to Freedom is Responsibility.

• **2015 Theme: COURAGE**

- The antidote for Fear is Courage.

• **2021 Theme: TETELESTAI**

- 3 of the most powerful words ever spoken. “It is finished.” Paid in full.

2. Dig Deeper

Dig a bit deeper into what the Word means by asking Him to unpack the Word in Scripture, revelation, dreams, and/or visions. For me, unpacking also includes doing a word search (I use: <https://www.biblegateway.com/>). Remember to ask the Lord through the Holy Spirit what He would like you to speak to your family through this word.

3. Take Notes!

Capture the key points the Holy Spirit speaks to you so you can share them with your family. This is really an important night, and one that your family will look back on for years to come. Taking the time to prepare your notes with what the Lord has for you and your family will help guide the night and ensure you stay on track. Your family will also look back on these notes throughout the year.

4. Set a Date!

Plan a night that you can focus on sharing the word with your family. We love to meet on New Year's Eve, but often it's a few days before or after New Year's Day.

5. Goals Night!

Preparing in advance for Goals Night (a copy of your notes for everyone including references/resources, etc. Even just the bullet points with spaces for their insights and discussion) is helpful.

For our family, goals night includes:

A. Prayer and Worship! (it helps having a Worship Pastor in the family!) Preparing our hearts to hear what the Lord is going to speak to us through the Word for the year.

B. Sharing the Word.

This is the time to share the Word, and what the Lord revealed to you regarding its meaning for your family.

C. Goal Setting - Group Share.

Part of our goals night includes each of us sharing the individual Words God gives us along with our goals.

D. Activation / Illustration.

You don't have to get too elaborate, but it's been helpful to add an activation or illustration to deepen the meaning of the night. For example, we've written our goals/prayers on note cards and nailed the card to a cross. We have also written the lies from the enemy, or our sins on note cards and burned them in a bucket.

One of my favorites was the "Certificate of Decrees" we filled out in 2021 to go along with the Word - Tetelestai. POWERFUL! (see page 87)

E. The Blessing.

Sealing our night by prayer, laying hands, and blessing each member of our family. During the goals nights, each member will share something significant that as a family you can lay hands on them and pray over them. Finally, as the Father I lay hands on each of them and give speak the Blessing over them.

*"The Lord bless you & keep you;
the Lord make his face shine
on you & be gracious to you;
the Lord turn his face toward
you & give you peace."*

(Numbers 6:24-26)

Goals Night Examples

2008 Theme: BLESSED

We Are A Conduit For Our Blessings.

2009 Theme: RESPONSIBILITY

The Gateway To Freedom Is Responsibility.

2015 Theme: COURAGE

The Antidote For Fear Is Courage.

2017 Theme: REMEMBER

Remember God's Resume. He Is Faithful And Worthy Of Our Praise!

2019 Theme: BREAKTHROUGH

Let The Walls Fall Down! God Has Already Provided The Way To Breakthrough.

2021 Theme: TETELESTAI

It Is Finished. The Greatest Word From The Greatest Man On The Greatest Day In All Eternity.

2022 Theme: ASK

The Power Of Asking God To Do Immeasurably More Than You Can Imagine.



NOTE: I've included a few examples of my notes for Goals Night at the end of this manual.



IV

7 HABITS FOR SETTING & ACHIEVING GODLY GOALS

HABIT 1

REFLECTION

Time To Look Back & Remember God's Faithfulness

HABIT 2

SELECTION

Choosing Your Top Themes To Focus On

HABIT 3

IDENTIFICATION

Your Spiritual Gifts, Physical Talents & Strengths

HABIT 4

DESCRIPTION

Defining Your Master Goals List

HABIT 5

COMMITMENT

Wishing & Wanting Vs. 100% Commitment

HABIT 6

PLANNING

Ensuring The Resources Necessary To Accomplish Your Goals

HABIT 7

ACCOUNTABILITY

The Power Of Partnerships

HABIT 1

REFLECTION

Time To Look Back & Remember God's Faithfulness

August 2002 was a very painful time for our family. About a year previously I had launched a new business and it was not financially performing as well as we predicted, and we were forced to put our home up for sale. Now this was not just any home; we loved our home. In fact we prayed for this home - we really did.

On Sunday afternoons after church, we'd grab a quick bite to eat, and then we would drive into Alta Vista, one of the best neighborhoods in the area. It had a picturesque long entrance, was gated, and was on a beautifully manicured golf course. The homes seemed like mansions compared to our two-bedroom apartment.

One Sunday in January 2000, as we were driving through the neighborhood we spotted a For Sale sign in front of one of the homes. We were so excited. Wynn timer and I quickly parked and grabbed the girls. We immediately fell in love. The landscaping was meticulous, with a lush green lawn, over twenty huge palm trees and Malibu lights accenting its beauty.

It didn't take us long after walking through 831 N. Jensen Place to know this was our home. However, the problem was that there were three other bids at the time – which was not uncommon in this neighborhood. We placed an offer above the asking price, and another couple did as well. We prayed that God would let us – if it was His will, have our offer accepted. Two days later, we got the news. The house was ours!

Fast forward from February 2000 to August 2002. The For Sale sign was once again on our lawn. This time it wasn't excitement that we felt, but rather deep sadness. We simply loved our home, our neighbors – we loved everything about where we lived. And more importantly, we knew God gave us our home.

This is where the rubber hits the road in our faith. Our circumstances don't quite match up to our hearts desires, and we still have to trust God that He knows what He is doing. As difficult as it was to think about moving, we knew God had another plan. So with that, Wynn timer and I took the girls onto the front lawn, and we encircled the For Sale sign holding hands, and we prayed.

We started by thanking God for allowing us to be in our home and enjoy it so much over the past two years. We thanked Him for giving us wonderful neighbors, and so many fun-filled memories. And finally we prayed, "Lord, You gave us this house, and now we give it back to You." We went on to pray that the new homeowners would love our home as much as we did, enjoy it as much as we did, and love our neighbors as much as we did. Wynn timer and I shared some tears that night.

Our home was now officially up for sale. At the time, homes in our neighborhood were selling quickly, usually in just a few weeks or maybe a month or two at most on the market. If you recall, this was the period of time with one of the steepest growths in the California real estate in history. In fact in the two years since we purchased our home, the price went up over \$150,000.

Our agent predicted our home would sell quickly, because it had a very comfortable floor plan, and we were on a beautiful large corner lot – actually the largest lot size for our model in the neighborhood. So we were in sync with the real estate agent's assessment that our home would sell quickly.

Well it didn't. Even though we had several showings, our home just wasn't selling. The reason? We were told that it had something to do with the fact that our German Shepard, Jonah, had "destroyed" our backyard landscaping.

That, coupled with the fact that there were other homes in our neighborhood for sale, meant it wasn't worth the effort to redo our back yard landscaping. So two months later we had to lower the price \$20,000 because with the financial stress we couldn't wait much longer. We had just gone into what is called Pre-Foreclosure. Time was not our friend.



Mikayla, Tori and Nicole with Jonah our \$300,000 dog!

*“Plans fail for lack of counsel, but
with many advisors they succeed.”*

PROVERBS 15:22

“Plans fail for lack of counsel, but with many advisers they succeed.” Proverbs 15:22. This was the verse that caused me to swallow my pride and be transparent with some close friends as it related to what we were going through financially. One of my dear friends that I respected very much, asked me if I had any other assets that I could sell in order to maintain our home. At first I thought no I don't have anything left to sell, but then after he asked me a few more questions we found an asset that I could sell. And with his help and God's guidance we were able to sell this asset, and keep our home.

Now, fast forward to June 2006. This time, we put our house up for sale, and our home sold in four days. The selling price? Over \$300,000 more than we put it on the market in August 2002! In total, our home appreciated in value over \$500,000 in 6 years! Praise the Lord, indeed!

I shared the story with you in full transparency for two reasons: First, God can do immeasurably more than we could ever ask or imagine. (Ephesians 3:20)

Secondly: When I look back, remember and reflect upon what God has done in my life, and in the life of my family, I know without a doubt that “Nothing is impossible with God.” (Matthew 19:26) That means to me that there is no goal, that when coupled with God's will that will be impossible for us to achieve.

“With God all things are possible.”

Matthew 19:26

So let's begin our quest with Habit One: Reflection, and take a look back at our lives, our journey, and reflect on the times when God has shown up so faithfully, and remember that if He did it back then, He can certainly do it again!



ABCs OF REFLECTING &
REMEMBERING GOD'S
FAITHFULNESS

A: Accomplishments (You've Achieved)

B: Blessings (He Has Provided)

C: Challenges (He Helped You Overcome)

HABIT 2

SELECTION

Choosing Your Top Focus Themes

Now that we've taken a look back and reflected on how God is, it's now time to look forward to the goals that would like to achieve.

As I have shared previously, setting goals has been one of our favorite family traditions. And, one of the things that we found to be tremendously helpful was what the center of our goals was, whether it be family goals or individual goals around a theme. We would go out to a local restaurant, on New Year's Eve or New Year's Day, and go over our plans for the upcoming year.

In preparation for our family goal night, I would seek a Word from God as it related to this theme. And once gone to clarify that theme and sometimes it was more than one theme, I set out to spend time with God in clarifying the details of incorporating that theme into our goals. Ask my girls and they can share with you that I rarely took this mandate of preparation for family goals night lightly. I saw it as an opportunity to receive word from God specifically as it related to how He wanted to use us for His glory. For me, this time is one of my highlights of the year.

Here are a few examples of some of the themes we've incorporated into our goals of the past few years:



2008 Theme: BLESSED

We Are A Conduit For Our Blessings.

2009 Theme: RESPONSIBILITY

The Gateway To Freedom Is Responsibility.

2012 Theme: SIGNIFICANCE

Shifting From Success To Significance (Me Centered To Other's Centered).

2014 Theme: GREATNESS

God Created Us To Do Great Things For Him.

2015 Theme: COURAGE

The Antidote For Fear Is Courage.

2017 Theme: REMEMBER

Remember God's Resume. He Is Faithful And Worthy Of Our Praise!

2019 Theme: BREAKTHROUGH

Let The Walls Fall Down! God Has Already Provided The Way To Breakthrough.

2021 Theme: TETELESTAI

It Is Finished. The Greatest Word From The Greatest Man On The Greatest Day In All Eternity.

2022 Theme: ASK

The Power Of Asking God To Do Immeasurably More Than You Can Imagine.

So as you get ready to incorporate Habit 2, selecting your theme for your goals, please be sure that you seek God and his desire for you and for your family. I promise you it will be well worth your time. Once you have selected your theme(s), spend some time sharing with your friends or family why these things are important to you. Finally, it's helpful to have scripture memory verses for each of the themes that you selected.

My hope is that God will clarify the things that He has for you and your family, and that you would be encouraged and strengthened by Him in order to achieve these goals for His glory.

THEME EXAMPLES

- | | |
|------------------|-------------------|
| ● Accountability | ● Honesty |
| ● Attitude | ● Honor |
| ● Balance | ● Humility |
| ● Blessed | ● Integrity |
| ● Character | ● Joy |
| ● Coachable | ● Leadership |
| ● Commitment | ● Legacy |
| ● Compassion | ● Love |
| ● Consistency | ● Loyalty |
| ● Contentment | ● Peace |
| ● Courage | ● Promise Keeper |
| ● Dependability | ● Reflection |
| ● Discipline | ● Responsibility |
| ● Empathy | ● Self-control |
| ● Faith | ● Selflessness |
| ● Fitness | ● Significance |
| ● Fun | ● Stability |
| ● Generosity | ● Thankfulness |
| ● Grace | ● Trustworthiness |
| ● Greatness | ● Vision |
| ● Holiness | ● Wisdom |



EXERCISE: THE ABCs OF REFLECTION

A. Choose the Top 3 Themes

(Place 1, 2, 3 in order of priority)







B. Why each theme is important to you?

(Key: Think Outside Your 4 Walls)







C. Pick Scripture For Each Theme

(Write it on index card or put in phone)







HABIT 3

IDENTIFICATION

Of Your Spiritual Gifts, and Your Physical Talents & Strengths

GIFTS, TALENTS & STRENGTHS

To optimize achieving the goals we were uniquely designed and created for God gives us both spiritual gifts and physical strengths and talents.

When we come to Christ and are saved, we have access to our spiritual gifts in addition to our physical talents. It is a wonderful and powerful combination, sort of like carrying both genes from our mom and dad.

Spiritual Gifts

“We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.”

Romans 12:6-8

“To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues.

“And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all have gifts of healing? Do all speak in tongues? Do all interpret?”

1 Corinthians 12:8-10, 28-30

“So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up.”

Ephesians 4:11-12

“Offer hospitality to one another without grumbling. Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

1 Peter 4:9-11

Here’s a list of the Spiritual Gifts listed along with their corresponding foundational verses:

- Leadership (Rom. 12:8)
- Administration (1 Cor. 12:28)
- Teaching (Cor. 12:28; Rom. 12:7; Eph. 4:11)
- Knowledge (1 Cor. 12:28)
- Wisdom (1 Cor. 12:28)
- Prophecy (1 Cor. 12:10; Rom. 12:6)
- Discernment (1 Cor. 12:10)
- Exhortation (Rom. 12:8)
- Shepherding (Eph. 4:11)
- Faith (1 Cor. 12:9)
- Evangelism (Eph. 4:11)
- Apostleship (1 Cor. 12:28; Eph. 4:11)
- Service/Helps (1 Cor. 12:28; Rom. 12:7)
- Mercy (Rom. 12:8)
- Giving (Rom. 12:8)
- Hospitality (1 Pet. 4:9)

God has gifted you with an expression of His Holy Spirit to support His vision and mission of the church. It is a worldwide vision to reach all people with the gospel of Christ. As a servant leader, God desires that you know how He has gifted you. This will lead you to where He would have you serve as part of His vision and mission for the church.

Physical Strengths and Talents

“A strength is mastery created when one’s most powerful talents are refined with practice and combined with acquired relevant skills and knowledge.” (StrengthsFinder 2.0, “Discover what makes you stand out.”)

When educational psychologist Donald O. Clifton first designed the interviews that subsequently became the basis for the Clifton StrengthsFinder (CSF), he began by asking, “What would happen if we studied what is right with people?”

Thus emerged a philosophy of using talents as the basis for consistent achievement of excellence (strength). Specifically, the strengths philosophy is the assertion that individuals are able to gain far more when they expend effort to build on their greatest talents than when they spend a comparable amount of effort to remediate their weaknesses (Clifton & Harter, 2003).

Here are my Top 5 Strengths (I highly recommend you go to www.strengthfinders.com and complete the assessment.)

- 1) Strategic
- 2) Learner
- 3) Positivity
- 4) Individualization
- 5) Belief

Taking full advantage of both your spiritual gifts and physical talents provides the best environment to accomplishing your goals.

SPIRITUAL GIFTS:

- | | |
|------------------|-----------------|
| ● Leadership | ● Shepharding |
| ● Administration | ● Faith |
| ● Teaching | ● Evangelism |
| ● Knowledge | ● Apostleship |
| ● Wisdom | ● Service/Helps |
| ● Prophecy | ● Mercy |
| ● Discernment | ● Giving |
| ● Exhortation | ● Hospitality |

STRENGTHS & TALENTS:

- | | |
|-----------------|---------------------|
| ● Achiever | ● Futuristic |
| ● Activator | ● Harmony |
| ● Adaptability | ● Ideation |
| ● Analytical | ● Inclusiveness |
| ● Arranger | ● Includer |
| ● Belief | ● Individualization |
| ● Command | ● Input |
| ● Communication | ● Intellection |
| ● Competition | ● Learner |
| ● Connectedness | ● Maximizer |
| ● Consistency | ● Positivity |
| ● Fairness | ● Relator |
| ● Context | ● Responsibility |
| ● Deliberative | ● Restorative |
| ● Developer | ● Self-Assurance |
| ● Discipline | ● Significance |
| ● Empathy | ● Strategic |
| ● Focus | ● Woo |



EXERCISE:

I'VE IDENTIFIED MY:

- | | |
|-------------------|--------------------------------|
| ● Spiritual Gifts | ● Physical Strengths & Talents |
|-------------------|--------------------------------|

HABIT 4

DESCRIPTION

Defining Your Master Goal List

The importance of Habit 4, “Defining Your Master Goal List,” cannot be over emphasized. In fact, Habit 4 is where most people start when setting their goals. In order to give yourself the best opportunity to achieve your desired goals . it requires more than simply expressing it or writing it down.

There are seven specific steps to take when defining the goals on your Master Goal List. (*see page 39 for examples*)

1 THE GOAL.

List the goal, for example, “Lose 17 pounds.”

2 COMPLETION DATE.

Adding the completion date to your goal, increases your probability of achieving it. “Lose 17 pounds by 3/15/14.”

3 REMINDERS.

Setting a reminder, as well as sending goal updates to your accountability partner(s), will enhance achievement of your goals.

4 GOAL CATEGORY & PRIORITY.

As discussed in the opening chapter, achieving a life of balance begins with having balanced goals. Therefore ensure that you have goals listed in each life category (PBFRS).

Prioritizing your goals helps to ensure that you achieve your most important goals.

- A Priority are those Goals that if not accomplished come with significant consequences
- B Priority are those Goals that if not accomplished come with mild to moderate consequences
- C Priorities are “want to” not “have to” and they come with no consequences if not accomplished
- D Priorities should be “delegated.”
- E Priorities should be “eliminated.”

5 FREQUENCY.

Indicating the frequency of activity necessary to achieve the desired goal is helpful for planning the time requirements. (Habit 6 - Planning).

6 BIG ROCKS & EPHESIANS 3:20.

Big Rock means that this goal is simply Non-Negotiable and must be accomplished.

An Ephesians 3:20 goal is what others may call a “stretch goal.” These are the types of goals that can only be accomplished with the help from God, and they so far supersede anything we could have imagined.

“Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

EPHESIANS 3:20-21

7 ACCOUNTABILITY PARTNER.

The final step is to ensure you have an accountability partner to encourage, motivate and inspire you to achieve your goals!

GOAL ACHIEVEMENT STUDY

The study of Goal Achievement can exhaust even a Learner® like myself (Learner® - see StrengthFinders.com - we will discuss later in the workbook). There are more plans and programs, concepts and counselors promoting various approaches to goal setting than one can count. The process of writing down your goals, committing to them and being accountable to someone else is a proven process of enhanced goal achievement.

GOAL ACHIEVEMENT STUDY:

147 participants were randomly assigned to one of **5 groups** as defined below:

Group 1 - Unwritten goals

Group 2 - Written goals

Group 3 - Written goals, Action Commitments

Group 4 - Written goals, Action Commitments to a Friend;

Group 5 - Written goals, Action Commitments to a Friend, Progress Reports to a Friend

RESULTS:

At the end of 4 weeks participants were asked to rate their progress and the degree to which they had accomplished their goals.

The groups that had written goals (Groups 2-5), experienced the following outcomes when compared to the group that did not have written goals (Group 1):

1. Increased number of total goals accomplished
2. Greater variety of goals accomplished
3. Higher goal achievement score (enhanced quality of the goal achieved)

The groups that had written goals (Groups 2-5), accomplished more goals than the non-written goal group (Group 1)

CONCLUSIONS:1. Writing Down Your Goals

The positive effect of written goals was supported. Those who wrote their goals accomplished significantly more than those who did not write their goals.

2. Commit to Your Goals

There was support for the role of public commitment. Those who sent their commitments to a friend accomplished significantly more than those who wrote action commitments or did not write their goals.

3. Accountability Enhances Goal Achievement

The positive effect of accountability was supported. Those who sent weekly progress reports to their friend accomplished significantly more than those who had unwritten goals, wrote their goals, formulated action commitments or sent those action commitments to a friend.

My Master Goals List

I believe. I Can. With God.

HABIT 4

Goals List

I believe. I Can. With God.

	2	3	4		5	6		7
	COMPLETE BY	REMINDER SET?	CATEGORY PBFRS	PRIORITY ABCDE	FREQ DWMY	BIG ROCK	EPH 3:20	ACCT PARTNER
Lose 17 pounds	3/15/23	X	P	B	Y			AP
Increase income by 18% this year	12/31/23	X	B	B	Y			AP
Define/maintain household budget	1/15/23	X	F	A	M			AP
Date nights with girls 1x/mo.	1/4/23	X	R	A	W	X		AP
Daily devotional reading	1/4/23	X	S	A	D	X		AP
Quit Smoking	3/15/23	X	P	A	D	X	X	AP

HABIT 5

COMMITMENT

Wishing & Wanting vs. Giving 100% Commitment To Achieving Goals

There is a vast difference between wishing or wanting a goal, and committing to do what it takes to achieve your desired goal.

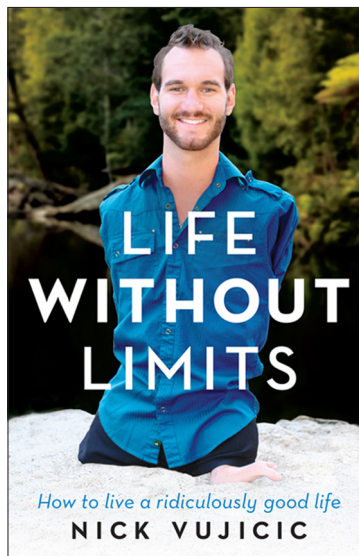
Commitment is the conduit or connection between your desire to achieve your goal and actually achieving your goal. There are hundreds of quotes related to commitment and goals, one of my favorites is from Zig Ziglar. He puts it like this,

“Most people that fail in their dreams fail not from lack of ability but from lack of commitment.”

Zig Ziglar

In addition to commitment, it helps to answer the following four questions for each of your goals:

1. **What's my Why? Describe Your Why.**
2. **How committed am I?**
3. **What am I willing to sacrifice?**
4. **What obstacles will I have to overcome?**
5. **Who will hold me accountable?**



“I just hope people see that if God can do something beautiful with my broken pieces, then God truly has a plan for each and everyone of us.”

Nick Vujicic

*“Most people that fail in their dreams fail not from lack of ability but **from lack of commitment.**”*

Zig Ziglar



Sign here if you refuse to fail from lack of commitment
(print out and keep handy as a reminder of your commitment)

My Commitment Goals Achievement

HABIT 5

Why > What

Goal:

COMPLETE BY	REMINDER SET?	CATEGORY PBFRS	PRIORITY ABCDE	FREQ DWMY	BIG ROCK	EPH 3:20	ACCT PARTNER
3/15/23	X	P	A	D	X	X	AP

Quit Smoking

3/15/23



1. My Why

What or Who is my “Why” that will drive my passion to achieve this goal even when I am tired, ready to quit, or give up hope?



My wife, my girls, and, by God's grace grandchildren!

Describe why you want to achieve this goal (the more details the better).

I am going to quit smoking so that I can live a healthier life, and live longer so that I may see my grandchildren grow up!

2. How Committed Am I?

How committed am I to achieving this goal?

1 2 3 4 5 6 7 8 9 10

If not a “10” why not?

3. What Am I Willing To Sacrifice To Achieve This Goal?

More often than not, achieving the great plans God has for our lives requires sacrifice.

How I feel when I smoke (satisfaction?) Must be endorphines from smoking. I may gain weight as I try to stop.

4. What Obstacles Will I Have To Overcome?

What obstacles do I have to overcome?

(i.e., Time, money, people)

Nicotine Cravings! Anxiety, Irritability, Trouble

Sleeping, Fatigue, Hunger....

5. Who Will Hold Me Accountability To Achieving This Goal?

Who am I going to call when I am ready to give up on this goal?

Wynn timer, Mikayla, Tori, Nicole



I am absolutely - 100% committed to achieving this goal. I will resist the temptation to quit when it gets tough. I will remember my “Why” and keep pushing through until I achieve this goal!

My Signature:

Today's Date: December 15, 2022

HABIT 6

PLANNING

Ensuring The Resources Necessary To Accomplish Your Goals

Habit 6 is all about expectation management of the resources required to achieve your desired goal.

There are three types of resources:

- 1. Time, 2. Money, 3. People

A bit of helpful advice here. When it comes to estimating the Time and Money part of the resources - apply the 2X Rule. If you double the Time, and double the Money, you'll be close.

The 2X Rule:

Here's an example: When budgeting for a vacation, if you

think it will cost \$1,000, then budget \$2,000. If you think it will take one month to complete project, then budget two. In the end, you'll be much closer to meeting your resource expectation, and you'll be less stressed out.

You may also find that syncing up your Optimized Schedule with your family is helpful for managing expectations.

There are two Optimized Schedules:

- 1. The Daily and Weekly Optimized Schedule
- 2. The Monthly Optimized Schedule

My Time

Optimized Daily, Weekly, & Monthly Schedules

HABIT 6

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	Devotion Church Family Dinner Movie Night	Devotion Work Out	Devotion Work Out	Devotion Work Out ACCT-Biz GWS	Devotion Breakfast w/ Nicole Date Night	Devotion Work Out Mentoring ACCT-Rel	Devotion Work Out
2	Devotion Church Family Dinner Games Night!	Devotion Work Out	Devotion Work Out	Devotion Work Out ACCT-Biz GWS	Devotion Breakfast w/ Tori Date Night	Devotion Work Out Mentoring ACCT-Rel	Devotion Work Out
3	Devotion Church Family Dinner Movie Night! (Theatre)	Devotion Work Out	Devotion Work Out	Devotion Work Out ACCT-Biz GWS	Devotion Breakfast w/ Mikayla Date Night	Devotion Work Out Mentoring ACCT-Rel	Devotion Work Out
4	Devotion Church Family Dinner Games Night!	Devotion Work Out	Devotion Work Out	Devotion Work Out ACCT-Biz GWS	Devotion Breakfast w/ Girls Date Night	Devotion Work Out Mentoring ACCT-Rel	Devotion Work Out
5	Devotion Church Family Dinner	Devotion Work Out	Devotion Work Out	Devotion Work Out ACCT-Biz GWS	Devotion Breakfast w/ Nicole Date Night	Devotion Work Out Mentoring ACCT-Rel	Devotion Work Out

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
30							
6:00		Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	
30	Wake Up	Devotion	Devotion	Devotion	Devotion	Devotion	Wake Up
7:00	Devotion						Devotion
30		Work Out	Work Out	Work Out	Breakfast w/girls	Mentoring	Work Out
8:00							
30		Office	Office	Office	Office	Office	
9:00							
30							
10:00	Church						
30							
11:00						ACCT-Rel	
30							
12:00	Family	Lunch &	Lunch &	Lunch &	Lunch &	Lunch w/	
30	Lunch	Reading Plan	Reading Plan	Reading Plan	Reading Plan	Friend	
1:00		Office	Office	ACCT-Biz	Office	Office	
30							
2:00							
30							
3:00							
30							
4:00							
30							
5:00							
30		Leave Office	Leave Office	Leave Office	Leave Office	Leave Office	
6:00	Family	Family	Family	Family		Family	Family
30	Dinner	Dinner	Dinner	Dinner		Dinner	Dinner
7:00	Family			GWS	Date Night		
30	Fun Night:				w/Wynnie		
8:00	Movie or						
30	Games						
9:00							
30							
10:00							

HABIT 7

ACCOUNTABILITY

The Power of Partnerships

One of the foundational principles that we can forget is that God is our #1 Partner. Remember, He made us, He has a plan for us, and He loves us more than anyone else.

Accountability in all areas of our lives is critical if we are to stay the course and achieve our Goals. My humble opinion is to have one accountability partner for each of the five Habitology® categories.

The Accountability Form below is helpful in organizing the contact information so that you can share it with all of your

accountability partners. Sharing your goals with your partners enhances your level of commitment to your Goals, and studies show it will actually enhance your results as well.

“As iron sharpens iron, so one man sharpens another.”

PROVERBS 27:17

My Team

The Power of Partnership

HABIT 7

HABITOLOGY® CATEGORY	ACCOUNTABILITY PARTNER	ACCOUNTABILITY BIBLE VERSE	PHONE NUMBER	EMAIL ADDRESS	MEETING DAY/TIME	MEETING LOCATION
 PERSONAL	WYNNIE	PHILLIPIANS 4:13	(972) 810-1001	WYNNIE@AOL.COM	DAILY	HOME
 BUSINESS	DAVE	DEUTERONOMY 8:18	(469) 412-2271	DAVE@BIZ.COM	WEDS 1PM	SKYPE
 FINANCIAL	JEFF	1 CHRONICLES 29:11-13	(714) 991-0912	JEFF@MONEY.COM	2ND TUE 1PM	STARBUCKS
 RELATIONAL	PAUL	EPHESIANS 5:25	(214) 787-2233	PAUL@REL.COM	FRIDAY 8AM	OFFICE
 SPIRITUAL	WYNNIE	PROVERBS 3:4-5	(972) 810-1001	WYNNIE@AOL.COM	DAILY	HOME



V

HABITOLOGY®

GOAL SETTING RESOURCES

NOTE: Please feel free to make a copies of the goal setting resources.



My Master Goals List

I believe. I Can. With God.

HABIT 4

COMPLETE BY	REMINDER SET?	CATEGORY PBFRS	PRIORITY ABCDE	FREQ DWMY	BIG ROCK	EPH 3:20	ACCT PARTNER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My Commitment

Goals Achievement

HABIT 5

Why>What

Goal:

COMPLETE
BY

REMINDER
SET?

CATEGORY
PBFRS

PRIORITY
ABCDE

FREQ
DWMY

BIG
ROCK

EPH
3:20

ACCT
PARTNER



1. My Why

What or Who is my "Why" that will drive my passion to achieve this goal even when I am tired, ready to quit, or give up hope?

Describe why you want to achieve this goal (the more details the better).

2. How Committed Am I?

How committed am I to achieving this goal?

1 2 3 4 5 6 7 8 9 10

If not a "10" why not?

3. What Am I Willing To Sacrifice To Achieve This Goal?

More often than not, achieving the great plans God has for our lives requires sacrifice.

4. What Obstacles Will I Have To Overcome?

*What obstacles do I have to overcome?
(i.e., Time, money, people)*

5. Who Will Hold Me Accountability To Achieving This Goal?

Who am I going to call when I am ready to give up on this goal?



I am absolutely - 100% committed to achieving this goal. I will resist the temptation to quit when it gets tough. I will remember my "Why" and keep pushing through until I achieve this goal!

My Signature:

Today's Date:

My Time

Optimized Monthly Schedule

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1							
2							
3							
4							
5							

My Time

Optimized Daily & Weekly Schedule

HABIT 6

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
30							
6:00							
30							
7:00							
30							
8:00							
30							
9:00							
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10:00							
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10:00							

My Team

The Power of Partnerships

HABITOLOGY® CATEGORY	ACCOUNTABILITY PARTNER	ACCOUNTABILITY BIBLE VERSE	PHONE NUMBER	EMAIL ADDRESS	MEETING DAY	MEETING LOCATION
PERSONAL						
BUSINESS						
FINANCIAL						
RELATIONAL						
SPIRITUAL						

Goal Setting

Notes

My Daily Productivity Planner

Weekly Topic

.....→

Weekly Reading

.....→

Scripture Verse of the day

.....→

WEEK 1

Deuteronomy 30:11-12

11

Now what I am commanding you today is not too difficult for you or beyond your reach.

12

It is not up in heaven, so that you have to ask, "Who will ascend into heaven to get it and proclaim it to us so we may obey it?"

FLESH OR FAITH?

life vs. death

My Daily Productivity Planner

My Why

REVERENCE (M) X

See, I set before you today life and prosperity, death and destruction.
Deuteronomy 30:15

REFLECTION, REPLAY, THOUGHTS

Today, I am truly thankful for:

My wife, my girls, my health, Tori

coming home from college

REPLAY

If I could live yesterday over again, I'd:

Had salad instead of the double

cheeseburger for lunch

STEWARDSHIP VS. OWNERSHIP

How well did I steward what God has entrusted to me yesterday? 1 is low 10 is high.

TIME

8

TREASURE

7

TALENT

8

REMEMBER TO PRAY

PRAYED!

Girls Finals and safe travel home X

Leonard new job X

James wife pregnant with DVT X

Toni moving to Dallas X

PRAY

PLAN

PROCEED

PLAN

PRAY

X

>

X

>

X

>

X

>

X

My Time

Plan Your Day In Advance

TIME	PBFRS	TASK	DONE
5:00	P	Wake up	X
30			
6:00	S	QT	X
30			
7:00	P	Work Out	X
30			
8:00	R	Breakfast with Nicole	X
30			
9:00	B	TOX/DNA	X
30			
10:00	B	Call with Greg (conf. commissions)	X
30			
11:00	F	TOX/DNA	X
30			
12:00	R	Lunch with David	X
30			
1:00	F	Rep Agreements	X
30			
2:00	B	Confernece call with Bob	X
30			
3:00	B	Send Rep Agreement to Susan	X
30			
4:00	B	Demo TOX/DNA site	
30			
5:00	F	February Budget Report	
30			
6:00	B	Leave Office	X
30			
7:00	R	Date night with Wynnne	X
30			
EVE	R		X

QUANTITY: time allocation (hours per category)

PERSONAL	BUSINESS	FINANCIAL	RELATIONAL	SPIRITUAL
2 hrs	8 hrs	1 hrs	4 hrs	1 hrs

QUALITY: Rate your day (1/10)

PERSONAL	BUSINESS	FINANCIAL	RELATIONAL	SPIRITUAL
8	7	7	8	8

54

7 HABITS FOR SETTING & ACHIEVING GODLY GOALS

BWV THOUGHTS ACTIONS HABITS RESULTS

7

+

8

+

6

+

7

=

7

*Talent is God given. Be humble. Fame is man-given.
Be grateful. Conceit is self-given. Be careful.*

JOHN WOODEN

Goal

My Projects

Main Projects
for the Day

MOST 1 IMPT	TOX/DNA Membership Site		
PBFRS	EST. TIME	ACTUAL TIME	DIFFERENCE
B	3 hr	4 hr	+1 hr
PRIORITY	Complete Rep/Distrib. registration form		
A	Test dashboard and blog		
RATING	Call Ann to request demo		
8	DISTRACTIONS? <input type="radio"/> Emails <input checked="" type="radio"/> Phone Calls <input checked="" type="radio"/> Interruptions		

MOST 2 IMPT	REP Agreements		
PBFRS	EST. TIME	ACTUAL TIME	DIFFERENCE
B	4 hr	3.5 hr	-.5 hr
PRIORITY	Get legal opinion from Susan		
A	Confirm commissions		
RATING	Send proof to Greg N.		
9	DISTRACTIONS? <input checked="" type="radio"/> Emails <input type="radio"/> Phone Calls <input type="radio"/> Interruptions		

MOST 3 IMPT			
PBFRS	EST. TIME	ACTUAL TIME	DIFFERENCE
PRIORITY			
RATING			
	DISTRACTIONS? <input type="radio"/> Emails <input type="radio"/> Phone Calls <input type="radio"/> Interruptions		

TODAY'S BIG ROCKS

Non-negotiable!

DONE

Breakfast with Nicole

x

Date night with Wynnie

x

Ensure that
Priorities Are
Completed!

My Goals

Tracker

PBFRS	GOALS	ON TRACK!
P	Lose 17 pounds	x
B	Increase income by 18% this year	
F	Define and maintain household budget	
R	Continue date nights with girls 1x/mo.	x
S	Daily devotional reading	x
P	Quit Smoking	x

NOTES, FOLLOW-UPS, TO DOS, COMMITMENTS:

DONE

Mike regarding WL Campaign

x

Bob regarding ESA Agreement

x

DBU regarding Tori's scholarship

Hilton Conf # 8750091 (888) 771-1777

TOMORROW'S PLAN

DONE

"Tomorrow's victories start today."

x

Notes
Follow-Ups
To Dos
Commitments

Plan for
tomorrow

WEEK



TODAY'S DATE

PRAY

PLAN

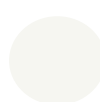
PROCEED

PLAN

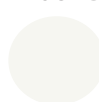
PRAY



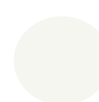
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>



>



I believe. I Can. With God.

"With God all things are possible." Matthew 19:26

My Why

Reversing regrets starts with remembering your why.

REVERENCE

(M)

REFLECTION

Today, I am truly thankful for:

REPLAY

If I could live yesterday over again, I'd:

STEWARDSHIP VS. OWNERSHIP

How well did I steward what God has entrusted to me yesterday? 1 is low 10 is high.

TIME



TREASURE



TALENT



REMEMBER TO PRAY (add to prayer list) PRAYED!

SCRIPTURE MEMORY VERSE FOR TODAY

(M)

"I have hidden your word in my heart that I might not sin against you."

PSALM 119:11

My Time

Resist the tyranny of the urgent.

TIME	PBFRS	APPOINTMENT/TASK	DONE
5:00			
30			
6:00			
30			
7:00			
30			
8:00			
30			
9:00			
30			
10:00			
30			
11:00			
30			
12:00			
30			
1:00			
30			
2:00			
30			
3:00			
30			
4:00			
30			
5:00			
30			
6:00			
30			
7:00			
30			
EVE			

QUANTITY: time allocation (hours per category)

PERSONAL	BUSINESS	FINANCIAL	RELATIONAL	SPIRITUAL

QUALITY: Rate your day (1/10)

PERSONAL	BUSINESS	FINANCIAL	RELATIONAL	SPIRITUAL

BWV

THOUGHTS

ACTIONS

HABITS

RESULTS



*Talent is God given. Be humble. Fame is man-given.
Be grateful. Conceit is self-given. Be careful.*

JOHN WOODEN

My Projects

*Eliminate distractions.
Stay focused.*

MOST 1 IMPT			
PBFRS	EST. TIME	ACTUAL TIME	DIFFERENCE
PRIORITY			
RATING			
	DISTRACTIONS? <input type="radio"/> Emails <input type="radio"/> Phone Calls <input type="radio"/> Interruptions		

MOST 2 IMPT			
PBFRS	EST. TIME	ACTUAL TIME	DIFFERENCE
PRIORITY			
RATING			
	DISTRACTIONS? <input type="radio"/> Emails <input type="radio"/> Phone Calls <input type="radio"/> Interruptions		

MOST 3 IMPT			
PBFRS	EST. TIME	ACTUAL TIME	DIFFERENCE
PRIORITY			
RATING			
	DISTRACTIONS? <input type="radio"/> Emails <input type="radio"/> Phone Calls <input type="radio"/> Interruptions		

TODAY'S BIG ROCKS

Non-negotiable!

DONE

	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>

My Goals

*Remember: balance and significance.
Bear fruit, fruit that lasts.*

PBFRS	GOALS	ON TRACK
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>
<input type="radio"/>		<input type="radio"/>

NOTES, FOLLOW-UPS, TO DOS, COMMITMENTS:

DONE

	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>

TOMORROW'S PLAN

DONE

	<input type="radio"/>
--	-----------------------

WEEK



TODAY'S DATE

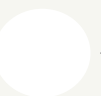
PRAY

PLAN

PROCEED

PLAN

PRAY



I believe. I Can. With God.

"With God all things are possible." Matthew 19:26

My Why

Reversing regrets starts with remembering your why.

REVERENCE

REFLECTION

Today, I am truly thankful for:

REPLAY

If I could live yesterday over again, I'd:

REMEMBER TO PRAY (add to journal) PRAYED!

SCRIPTURE MEMORY VERSE FOR TODAY

(M)

"I have hidden your word in my heart that I might not sin against you."

PSALM 119:11

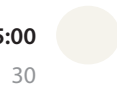
My Time

Resist the tyranny of the urgent.

TIME PBFRS

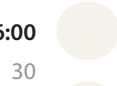
APPOINTMENT • PROJECT • TASK

5:00



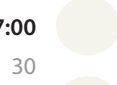
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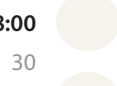
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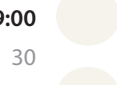
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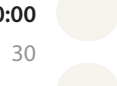
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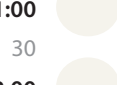
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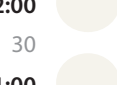
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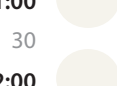
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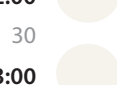
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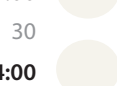
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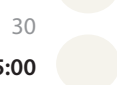
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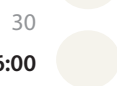
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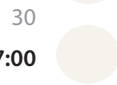
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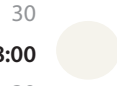
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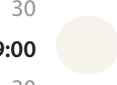
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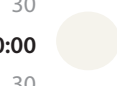
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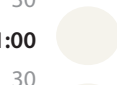
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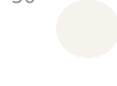
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11:00



Tomorrow's victories start today!



*Talent is God given. Be humble. Fame is man-given.
Be grateful. Conceit is self-given. Be careful.*

JOHN WOODEN

My Projects

*Eliminate distractions.
Stay focused.*

1st

DISTRACTIONS?



Emails



Phone Calls



Interruptions

2nd

DISTRACTIONS?



Emails



Phone Calls



Interruptions

3rd

DISTRACTIONS?



Emails



Phone Calls



Interruptions

My Goals

*Remember: Balance and significance.
Bear fruit, fruit that lasts.*

PBFRS

GOALS

BIG
ROCK!

ON
TRACK!



NOTES, FOLLOW-UPS, TO DOS, COMMITMENTS:

DONE



THOUGHTS, CONCEPTS, MIND MAPPING

VI LEONARD'S STORY

AN UNLIKELY FRIENDSHIP

I'll never forget the day we met. It was at a day labor camp in Plano, Texas. A place where men from the area come to find a "job for a day." A friend of mine asked if I wanted to join his church group and serve there on a Saturday morning. I said sure. It was only for a few hours and I love to help. Little did I know that God would turn those few hours into something special.

My part was to be the "greeter." As the men got in the food line they put on a nametag. Leonard's of course said, "Leonard." I looked at Leonard and said, "Hey you don't look like a Leonard to me. What do your friends call you?" Stupid right? I know. He said to my surprise in his quiet and humble voice, "Well my friends call me Old School." I said, "Now that sounds more like it! Let's get you a new nametag!" I wrote "Old School" on his new nametag, and God wrote his name on my heart.

Hello
My Name Is

Old School

I noticed that after Old School made his way through the food line, he sat all by himself on the curb and ate his breakfast. After he was finished eating, he through his plate in the garbage, and then walked right up to me and said, "I was wondering if you could help me with my marriage?" I can remember like it was yesterday, because his question caught me so off guard.

Old School and I sat down, and he told me about his marriage, his childhood, and much more. I then asked him

where he lived. He told me where, and I didn't recognize the name. I asked, "Did you drive here?" Stupid question, again. Many of the men there didn't have cars. I re-asked, "How did you get here?" And that's when it happened.

He said, "Well, I get up at 3:00AM and walk an hour and a half down Belt Line to catch a bus. Then, I walk from where the bus drops me off, which takes about thirty to forty minutes. I leave early so that I can get here in time to get a job." As I was trying to comprehend what he was telling me, I asked another question, "How many days a week do you do that?" His reply, "Six days. Sundays I like to go to church." I hesitated a bit and asked him one last question, "Of the six days you come here, how many days do you get a job?" Leonard's reply, "Well, if I'm lucky, three. But most weeks, one or two." I shook my head and said, "Leonard, I know a lot of men that do a lot of things to support their families. I've never met anyone like you."

We spent another hour or so talking, I gave him my sweat jacket, because it was raining a bit, whatever money I had in my wallet, and asked him if it would be okay if I drove him home. He agreed.



Well, that was over seven years ago. And although his marriage didn't last, our friendship has. I learned so much

about his world, the low income world. How fragile it is. Like how close many are to being evicted, and becoming homeless. It happens so insidiously. There were many times when all it took was about \$100 or so to keep Leonard in his apartment or hotel.

I remember a highlight was when he was trying to get a full-time job driving a truck. He asked if he could put me down as a reference. I said absolutely. Then, I asked if he would give me the number of the company and who would be interviewing him. I asked him if he would mind if I called and spoke to that person. He reluctantly said OK.



I called the next day, and the gentleman that was going to interview him happened to be the owner of the trucking company. I went on to share Leonard's story with him. I said that Leonard would be a blessing for his company. I told him that I knew Leonard for over three years and that he one of the most loyal and hard-working men I had ever met. I let him know that he was like a part of my family, and that he spent Thanksgiving and Christmas Eve with us. I basically let him know how important he was to us and that he would make a great employee for their company.

I remember the next day getting a call from Leonard and he was so happy. They hired him full-time. Now, I know that might not sound like a lot to you and me, having a full-time job (and by the way, the pay was about \$11 an hour if I remember correctly). But this job changed



everything for Leonard. And all it took was for somebody to believe in him, and to share some things that don't make it on the resume.

I can't tell you how much my relationship with Leonard means to me. Although he thinks that he's benefited more from our relationship than I have, being involved in Leonard's life has changed my own life, as well as my family's lives, too.



One of the greatest experiences we shared was when he asked me to be his best man at his wedding. Our relationship had come full circle. It started with a question about marriage, and now years later here I was his best man at his new marriage.

Who would've thought-from a simple question to an unlikely friendship spanning many years. That's Leonard story.

May I make a recommendation? If you don't already have a Leonard in your life, take a look around and you just might find one. Although, he just might go by another name. *Old School.*

VI MEXICO MISSIONS

BLESSED

A Conduit For The Blessings We Receive

Transcript from Missions Trip To Nuevo Laredo, Mexico

I've been given exactly 8 minutes to share my experiences from last week's mission trip to Mexico— that's a tough task. Taking the most life changing experience that I've had this side of eternity – a 96 hour journey in which I came face to face with the sinful nature of my soul - and boiling it down to 8 minutes is indeed a challenge, but I'll do my best to stay on time.

I guess the first place to start is with a short history of area Casa Hogar is an orphanage just across the border in Nuevo Laredo, Mexico about 500 miles south of Dallas. I was told that it is the largest border crossing in America.

With the high traffic crossing over the border unfortunately comes high prostitution, drugs and unwanted pregnancies.

These circumstances lead Mama Lupita to begin Casa Hogar in her home in 1986 with four children she found abandoned by an alcoholic father (their mother had died). At the time she was married with four children of her own, but God had placed a desire in her heart to help others. This love for children continued to grow to the point where today Casa Hogar cares for over 100 children ranging in age from infant to 24 years old.



Mama Lupita's mission statement for the orphanage is simply: "To be used of God to help the children reach their full potential, and let the love of God show through our actions."

It's the second part of her mission statement – letting the love of God show through their actions that was the most unexpected experience that truly impacted me.

Mama Lupita, and the children at the orphanage more clearly reflected Christ likeness than anyone else I have met in my entire life, and that reflection of Christ helped me to realize for the first time in my life how truly selfish I really am. God was like velvet over steel however as he revealed to me my sin nature, and it was a stepping stone to seeing something I had never seen in my lifetime before. Extreme poverty.



The first thing you notice as soon as you cross the border is poverty...it's everywhere. It's overwhelming. At the orphanage, I found myself as others did, walking off and crying – it is that difficult when you realize that you can not solve this problem – you do the best to wipe off your tears and get back to work... only to have the tears come again.

The funny part about my trip was that I decided to go on this mission trip – honestly to help my girls understand how

blessed they are. You see they grew up in Orange County California, and now living in Frisco, Texas... they “I thought” needed to see the other side of the world. Although that was true, I did not expect to have my world completely change the way it did.



A moment about my girls and the other kids that joined us... I have never been more proud of them. They pitched in and loved the children...played with them, drew pictures with them... just spent time hugging and holding them. It was something I will never forget.



I've been asked many times “What did you learn on this trip?” To answer this question completely would take several hours – so for the sake of time, here's what I learned:

- I learned that it is truly more blessed to give than receive (Acts 20:35)
- I learned that I have to acknowledge my tendency to be

selfish and instead through Christ to be selfless – a difficult task in our society – I find myself leaning on Phil 2:3-4 for the strength to accomplish this

- I learned that although I went to help them, they helped me
- I learned that part of the responsibility, part of the duty of being blessed is providing for the less fortunate – and that this is not optional
- I learned how and why orphans can be generous when they have no real material possessions of their own
- I now understand the verse – even if you give a cup of cold water in my name – you are giving it to me – I learned this in the prison that we visited. A 3 day prison where the prisoners are given no food or water for 3 days, except what we gave them.
- I learned that when you hold on tight to the resources of this world in a closed fist – God can not use you to bless others



- I learned why orphans are so close to the heart of God (James 1:27)
- I was given the gift of a recalibrated life – like the man in Shindler's list who at the end of the movie looked at his ring and said, oh this could have been 5 more that I helped, and his watch and said this could have been 25 more people..., I too wanted to give everything I had to those wonderful children.
- And finally, I had the privilege of watching in the person of Mama Lupida, someone who truly is the hands and feet of Christ, and for that, I am eternally grateful.

continued on page 48

MEXICO MISSIONS CONTINUED

On behalf of 35 team members that went to Casa Hogar - Thank you Paul and Jim for making this trip available. Thank you JD for your leadership on the trip, organizing and directing us in such a Godly way.



If you are even the slightest bit interested in serving this community or the Casa Hogar, please see JD.

In closing, I would be remiss if I didn't end with these two things.

First to encourage you that if you have an opportunity to serve – be it 500 miles away in Mexico, or 5 miles away here in Frisco – take that opportunity. Your life will never be the same. It can't be. When you see it, touch it, feel it, When you learn their names and see their faces, you too will forever be changed. I promise you, that you will be more blessed by giving.

Secondly, to be the hands and feet of Christ, you must know Christ, and for those that are here that may not completely know the savior, it is a life changing decision that helps to make sense of poverty knowing that this place is not our home.



Let's pray.

Heavenly father, I am amazed at your ability to use orphans to recalibrate my life. I thank you for the blessing and honor of going to Mexico and serving with our team. And I pray dear Lord, that you would never let me forget what I saw and what I learned from those dear people in Nuevo Laredo. I pray that as men we would be challenged each day to be the servant leaders of our families, our church and our community, for the glory of your son Jesus Christ in whose name we pray. Amen.

Thank you.



INVESTING OUTSIDE MY 4 WALLS

Has God placed a passion in your heart to support a ministry, family, or project? I've found that the more I invest (time, energy, resources outside the 4 walls of my life, the more energized I am inside the 4 walls of my life.

Here's an inexpensive way we found to be a conduit for all the blessings God has give me and my family:

SmileTrain

SmileTrain is a ministry that provides cleft lip surgery for children at an amazing price of \$250 per surgery! It is one of the ministries that we love to support. The results are truly life changing.

www.MySmileTrain.org



*“A generous person will
prosper;
whoever refreshes
others will be refreshed.”*

Proverbs 11:25

NOTES



VIII

MY JOURNAL THOUGHTS & INSPIRATIONS



Journal

Thoughts & Inspirations



IX

MY PRAYER LIST

*“I thank my God every time I
remember you. In all my prayers for
all of you, I always pray with joy
because of your partnership in the
gospel from the first day until now.”*

Philippians 1:3-5

2021 Goals Night!

ABCs Of Reflecting & Remembering
God's Faithfulness in 2020

BREAKTHROUGH!

A: Accomplishments (You've Achieved)

B: Blessings (He Has Provided)

C: Challenges (He Helped You Overcome)

2021 Goals!

is the **greatest word** from the **greatest man** on the **greatest day** in all eternity has changed the history & destiny of mankind.

Kuwornu-Adjaottor & Yankyera

3 words in Greek

What comes to mind when you think of these words?

τετελεσται

Stong's Concordence 5055

The root "tel" means reaching the end (to aim).

To bring to a close.

Complete and fulfilled.

The last act which completes a process.

To settle an account.

To pay in full.

"It is finished," is one of Jesus' most important statements, is translated from the single Greek word **Tetelestai**. The grammatical structure of the Greek word, perfect passive indicative, is very important. The perfect tense indicates that the **progress of an action has been completed** and the **result of that action is ongoing and with full effect**.

That is to say, Jesus' mission [my work is not finished > it is finished] to redeem sinners had **reached its intended goal** and that the benefits to the redeemed would **last throughout eternity**.

The perfect tense **Tetelestai** (It is finished) signifies **full completion of Jesus' work** and the establishment of a basis for faith. **Nothing further is needed to be done**.

The phrase **Tetelestai** was **not a cry of termination**, but a shout of triumph, declaring **the completion of Christ's work on the cross**.

τετελεσται

This triumphant declaration was a signal that Jesus had;

- (1) **fulfilled his earthly mission** given by the Father (John 18:37);
- (2) **fulfilled Old Testament prophecy** about the Messiah's suffering (Gen 3:15; Isa 53);
- (3) **completed the work** of spiritual rescue and restoration by providing the perfect sacrifice for sin (John 1:29; 1Cor 5:7);
- (4) **secured the decisive victory** over Satan and his network of demons (Col 2:15);
- (5) achieve the means of **restoring God's relationship** with his creation and sinful humanity (2Cor 5:18-19,21).

Jesus' expression of **Tetelestai** meant **He had finished** the types and figures of the ceremonial law. He had at length offered up **the perfect sacrifice**, of which every Mosaic sacrifice was a type and symbol, and there remained no more need of offerings for sin. **The old covenant was finished.**

The Shift:

Therefore Jesus told them, "**My time is not yet here**; for you any time will do. You go to the festival. I am not going up to this festival, because **my time has not yet fully come.**"

John 7:6, 8

When he had received the drink, Jesus said, "**It is finished.**" With that, he bowed his head and gave up his spirit.

John 19:30

τετελεσται

EXAMPLES OF HISTORICAL USES OF **TETELESTAI**

Artists.

The masterpiece is finished. Nothing left. No corrections. No improvements.

Servants.

Yes, master I have finished the work.

Priests.

The offering was acceptable. Nothing more needed.
It is finished.

Merchants.

The one holding the promissory note wrote –
Paid in Full.

Soldiers.

You are finished to a vanquished foe.

Prisoners.

*Certificate of Decrees. Paid in full. It is finished.

τετελεσται

Which one(s) affect you the most? Why?

What does "it is finished" mean to me?

How can I apply Tetelestai to my life?

τετελεσται

POWER & AUTHORITY TO WAGE VICTORIOUS WARFARE!

“We need to keep Satan from destroying our families,
breaking up our marriages, owning our children,
influencing our minds, and inflaming our passions.”

Tony Evans, Warfare

1. The Person of Jesus
2. The Payment of Jesus
3. Our Position in Jesus

1. PERSON OF JESUS

God wanted to demonstrate His power over Satan by using the weakness and fragility of human flesh to defeat the powerful ruler of the evil spirit world.

OT > Temporary payment for sin [animal sacrifice]
NT > Final payment for sin [personal sacrifice, Tetelestai!]

The law provided **temporary payment for sin** until it was time for the Savior. The Israelites brought bulls and goats to offer on the altar to cover their sin. And every time an animal was sacrificed, it was a way of affirming, “One day a woman is going to have a baby who is going to CRUSH Satan’s head!” (Genesis 3:15 > think of **Tetelestai!**)

τετελεσται

“But when the set time had fully come [for Jesus to make the FINAL PAYMENT FOR SIN – **Tetelestai!**], God sent his Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to sonship. Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir.

Galatians 4:4

2. PAYMENT OF JESUS

In order to conquer Satan, Jesus had to conquer death, because death is Satan’s weapon. But to conquer death, Jesus had to pay for sin, since death is the consequence of sin. It was sin that brought death into the world. And there is only ONE WAY to conquer death, and that is through RESURRECTION! You need RESURRECTION POWER TO CONQUER DEATH! Somebody had to get up from the dead if death is going to be defeated. Jesus broke the power hold of sin and the consequence of death – the biggest weapon Satan has. He entered Satan’s territory and beat the devil at his own game! Praise the LORD! Tetelestai!!! Paid in full! Amen!

When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins [because He PAID FOR THEM IN FULL! **Tetelestai!**], 14 having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away [Tetelestai!], nailing it to the cross.

Colossians 2:13-14

τετελεσται

CERTIFICATE OF DECREES: LEGAL INDEBTEDNESS

We were dead in sin and without hope, because we had a “certificate of decrees” posted against us. In Roman law when someone was convicted of a crime and imprisoned a list of his offenses was written up and posted on his cell door. This was a certificate of decrees, showing why he was imprisoned. Anybody who walked by his cell could see why a person was in prison because of the certificate of decrees.

Jesus Christ had a certificate of decrees posted over His cross written in Hebrew, Greek and Latin:

“JESUS OF NAZARETH, KING OF THE JEWS.”

He claimed to be God – blasphemy against the Jews.

He claimed to be King – blasphemy against Rome.

As far as Satan was concerned he was eliminating the SEED of the woman that was going to CRUSH him - and breaking the promise of God found in Genesis 3:15.

Oh but God... oh God had another certificate of decrees posted above Jesus' cross. This was a divine certificate, drawn up by God, bearing the name of every person who has ever lived. This certificate contained every sin of every person, and every charge on that certificate was valid. We were hopelessly guilty – and the sentence for those sins – death.

τετελεσται

But Jesus born the PUNISHMENT for all the sins [PAYMENT IN FULL – **Tetelestai!**] of those that put their faith and trust in Him!! AMEN!! He took our guilt. Paid the bill in full.

“God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”

2 Corinthians 5:21

NOW THE GOOD PART!

When a criminal had finished his sentence, and paid his death to society [**Tetelestai**], his certificate of decrees was taken off his cell door and stamped with one Greek word > **Tetelestai**. “Paid in full.”

The certificate was canceled, and handed to the former criminal, so he could prove to anyone who asked that he was now FREE. Those charges could never be brought against him again.

The certificate of death that was rightfully ours was Paid in Full by Jesus Christ and His death on the cross and His resurrection from the dead! The debt that you and I owe to God were completely **Tetelestai-ed** by Jesus.

So when Satan goes to God, and shows the certificate of decrees warranting death – Jesus steps in and says, your right the certificate warrants death – but move your hand – do you see that stamp made with MY BLOOD – his debt has been **PAID IN FULL, TETELESTAI!**

τετελεσται

WHO DO YOU KNOW?

There are 2 types of certificates – those with the stamp and those without. Who do we know that needs the stamp? Who needs to understand that all their sins, all their shame, all their sorrow and all their pain has been paid in full? Who needs to know **Tetelestai**?

Jesus not only paid for our sins in full, but in doing so He reclaimed our AUTHORITY.

When you pay a bill in full you get a receipt. Your receipt is your proof. The resurrection was the proof that Jesus payment was acceptable to God, that is satisfied the debt.

Acts 2:32

32 God has raised this Jesus to life, and we are all witnesses of it. Witness
> **The Proof.**

Jesus' VICTORY over Satan disarmed him – took away his weapon – sin and its consequence - death. He lost all his ammunition and is rendered powerless! Satan's best weapon was deactivated. The roaring lion had his teeth pulled out.

Colossians 2:15

And having **disarmed the powers and authorities**, he made a public spectacle of them, triumphing over them by the cross.

The devouring lion from John 10:10 was devoured by the Lion of Judah.

ΤΕΤΕΛΕΣΤΑΙ

Because of the stamp **Tetelestai**, all our sin debts and the consequence of eternal death have been PAID IN FULL, and we have the POWER AND AUTHORITY to stand IN VICTORY over Satan and death! Praise the Lord!!!

3. OUR POSITION IN CHRIST

Jesus triumph did not end with the resurrection. Jesus told His disciples that He had to leave them. He was ascending back to heaven as High Priest to take His blood stamp and apply it to the mercy seat in heaven. He sits at the right hand of the Father where He rules over all creation.

Matthew 28:18

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me.

Jesus was enthroned [in throned] by God the Father, and all powers came under His authority – including the power of Satan and his demons.

Colossians 2:9-10

For in Christ all the fullness of the Deity lives in bodily form, 10 and in Christ you have been brought to fullness. He is the head over every power and authority.

Once again Hebrews 2:14-16

14 Since the children have flesh and blood, he too shared in their humanity so that by his death he might **break the power of him who holds the power of death**—that is, the devil— 15 and free those who all their lives were held in slavery by their fear of death.

τετελεσται

Ephesians 2:6

And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

Revelation 12:11

They triumphed over him by the blood of the Lamb [**Tetelestai!**] and by the word of their testimony; they did not love their lives so much as to shrink from death [from Satan's attacks and accusations > his hand over the stamp – **Tetelestai!**

To exercise your **Tetelestai** paid in full POWER & AUTHORITY bought by Jesus Christ you must know your POSITION in Christ and that you sit on that same seat with Him!

Satan knows he can defeat you – your powerless in the spiritual world alone. But oh how he knows that when you claim the Authority of the Risen One – the One who signed the Certificate of Decrees in HIS BLOOD! He must flee – he has no authority over you!!!

As believers we are clothed with Christ! Galatians 3:27

for all of you who were baptized into Christ have clothed yourselves with Christ.

We already have victory over the devil. Put on your uniform. The FULL ARMOR OF CHRIST! Today by faith I am going to live in Christ's authority, trusting His blood to give me the power that comes by way of His authority to give me power over any attacks of the evil one.

Certificate of Decrees

Debtor's Name

My Debts

Tetelestai!

PAID IN FULL

Jesus



2022 Goals Night!

ABCs Of Reflecting & Remembering
God's Faithfulness in 2021

TETELESTAI!

A: Accomplishments (You've Achieved By His Grace)

B: Blessings (He Has Provided)

C: Challenges (He Helped You Overcome)

2022 WORD

"ASK"

Stong's Concordance 154

To ask, to request, to petition, to demand, to beg.

LUKE 11:11-13

"Which of you fathers, if your son **ASKS** for a fish, will give him a snake instead? Or if he **ASKS** for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who **ASK** him!"

MATTHEW 7:7

"**ASK** and it will be given to you; seek and you will find; knock and the door will be opened to you.

JAMES 1:5-8

If any of you lacks wisdom, you should **ASK** God, who gives generously to all without finding fault, and it will be given to you. But when you **ASK**, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.

EPHESIANS 3:14-21

For this reason I kneel before the Father, from whom every family[a] in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we **ASK** or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

WHY DO WE ASK?

WHY DON'T WE ASK?

DAVID: GOALS / ASKS

MIKAYLA: GOALS / ASKS

AUSTIN: GOALS / ASKS

NICOLE: GOALS / ASKS

TORI: GOALS / ASKS

WYNNIE: GOALS / ASKS

FRANK: GOALS / ASKS
