

# 30 Day Challenge ACTION PLAN

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## THEME VERSE:

“Everything is permissible for me, but not everything is beneficial. Everything is permissible for me, but I will not be mastered by anything.” **1 Corinthians 6:12**

Point  
A

(PAST - PRESENT)

What is holding you back?

Point  
B

(FUTURE)

### Identify the Problem:

What keeps you “stuck”? What do you need to let go of in order to move forward?

- Past Regrets?
- Insecurity?
- Hopelessness?
- Fear?
- Anger?
- Bitterness?
- Control?

### Expose the Lies:

Which self-defeating thoughts do you repeat over and over again in your mind? Sometimes we can be our own worst enemy.

- I can’t!
- I’ll do it later!
- Not my fault!
- It’s too difficult!
- Just the way it is!
- What’s wrong with me?
- If only...

### Know Your “WHY”:

This is important to me because...

### CHOOSE to CHANGE!

I will \_\_\_\_\_ because \_\_\_\_\_ SO THAT \_\_\_\_\_.

The decisions you make today will determine your tomorrow.  
Make a decision today to take the first step.

### Plan Your Strategy:

“Life isn’t about waiting for the storm to pass. It’s about learning to dance in the rain.”

### Set SMART Goals:

What do I need to change in order to get me to where I want to go?

- S** - Specific?
- M** - Measurable?
- A** - Achievable?
- R** - Realistic?
- T** - Timely?

### Avoid Pitfalls:

Recognize what “triggers” you and sets you back. When are you more likely to make bad choices?

- H** - Hungry?
- A** - Angry?
- L** - Lonely?
- T** - Tired?
- U** - Under Stress?

### Transform Your Mind:

What does the Bible have to say? Do you LIVE like you BELIEVE it?

### Stay Grateful:

Keep a positive attitude. Look for God in unexpected places. Share your story!

### Re-Discover Yourself:

Take time out for yourself. What do you enjoy? What helps you unwind?

### Envision Your Future:

Imagine yourself crossing the finish line... How do you feel?  
Does this perspective change how you view today?