

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." — Vivian Greene

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 poor 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:

Be Thankful! Keep a positive attitude. Look for God in unexpected places. Share your story to encourage others!

Re-Discover Yourself:

Take time for yourself. What do you enjoy? What helps you relax & unwind? Where do you need to say NO?

Envision Your Future:

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