

SIMPLE HABITS

Simple : Truth #6 : MANUP.org

*A habit is a _____
that will change your life.*



GOAL	WHAT do you want and WHY does it matter?
PLAN	HOW are you going to reach your goal and WHO can help you get there?
ACTION	WHEN are you going to start?
REPETITION	HOW OFTEN are you going to repeat the action?
CELEBRATION	HOW are you going to celebrate your progress?

James 1

²² Be doers of the word, and not hearers only.

Q: Are you ready to DO whatever it takes
to make the CHANGES you need to make?

5 Steps to Creating a Habit.

1. Set a _____.

WHAT do you want and WHY does it matter?

Philippians 3

¹³ But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

3 OBJECTIVES:

- Your goal should be _____.
- Your goal should be _____.
- Your goal should be _____.

2. Create a _____.

*HOW are you going to reach your goal
and WHO can help you get there?*

Proverbs 4

²⁵⁻²⁷ Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil.

1 Thessalonians 5

²¹ Hold on to what is good.

²² Stay away from every kind of evil.

3 QUESTIONS:

- What do you need to _____ doing?
- What do you need to _____ doing?
- What do you need to _____ doing?

3. Take _____.

WHEN are you going to start?

STARTING DATE: _____

1 Peter 1

¹³ So prepare your minds for action and exercise self-control.

James 2

¹⁷ So you see, faith by itself isn't enough.

Unless it produces action, it is dead and useless.

*You'll never reach your _____ until you
turn your _____ into _____.*

4. Practice _____.

HOW OFTEN are you going to repeat the action?

PROMPTS: Every . . . Until . . . Before . . . After . . . When . . .

Galatians 6

⁹ So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

_____ *is more important than* _____.

5. Stop for _____.

HOW are you going to celebrate your progress?

Matthew 25

²³ "Well done, good and faithful servant."

Zechariah 4

¹⁰ Do not despise these small beginnings,
for the Lord rejoices to see the work begin.

Group Discussion.

Q : What's one goal you'd like to reach this year?

Q : What's keeping you from reaching your goal?

Q : What's one habit that can help you reach your goal?

Q : Who can you ask to help you reach your goal?