

# SIMPLE HABITS

Simple : Truth #6 : [MANUP.org](http://MANUP.org)

*A habit is a REPEATED ACTION  
that will change your life.*



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

## James 1

<sup>22</sup> 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 GOAL.

*WHAT do you want and WHY does it matter?*

### **Philippians 3**

<sup>13</sup> But one thing I do: Forgetting what is behind and straining toward what is ahead, <sup>14</sup> 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 PERSONAL.
- Your goal should be ACHIEVABLE.
- Your goal should be ETERNAL.

## 2. Create a PLAN.

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

### **Proverbs 4**

<sup>25-27</sup> 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**

<sup>21</sup> Hold on to what is good.

<sup>22</sup> Stay away from every kind of evil.

### **3 QUESTIONS:**

- What do you need to STOP doing?
- What do you need to START doing?
- What do you need to KEEP doing?

### 3. Take ACTION.

*WHEN are you going to start?*

**STARTING DATE:** \_\_\_\_\_

#### **1 Peter 1**

<sup>13</sup> So prepare your minds for action and exercise self-control.

#### **James 2**

<sup>17</sup> So you see, faith by itself isn't enough.

Unless it produces action, it is dead and useless.

*You'll never reach your GOAL until you  
turn your INTENTIONS into ACTIONS.*

### 4. Practice REPETITION.

*HOW OFTEN are you going to repeat the action?*

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

#### **Galatians 6**

<sup>9</sup> 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.

*FREQUENCY is more important than INTENSITY.*

### 5. Stop for CELEBRATION.

*HOW are you going to celebrate your progress?*

#### **Matthew 25**

<sup>23</sup> "Well done, good and faithful servant."

#### **Zechariah 4**

<sup>10</sup> 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?