

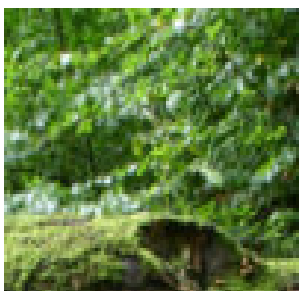
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Christ-Centered Change



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New Beginnings Coaching

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Master Your Habits

Most of us want to succeed in life and make a significant contribution to what is good in the world. We want to leave our mark and make a difference in the lives of those we love. Yet many feel frustrated, lost, ineffective, or overwhelmed. Pain from our past, counter-productive thinking, and bad habits can immobilize us. Some have lost sight of their dreams or fallen into habits they cannot control.

What we do consistently – our daily and weekly routines – determine to a great extent who we become. While many forces affect us that are beyond our control, self-discipline and a life of purposeful choices lived out with integrity will always lead to greater success.

Take a look at your weekly schedule. Are you accomplishing the important things? Are you spending adequate time with family and friends? Are you pursuing your God-given callings and developing powerful habits that will catapult you forward? Are you taking the time to plan – writing down your long-range goals, breaking them into small doable steps, and writing these important tasks into your schedule? What distractions or negative habits do you need to master? Do you begin each day with God and listen to Him as you make your plans?

Is the ladder you are climbing leaning against the correct wall – the challenge you were created to conquer?

Master your time and achieve your goals by mastering yourself. Get whatever assistance you need to defeat negative habits before they defeat you. Be accountable to an encouraging friend or coach who will challenge you to be your best. And, prayerfully discipline your God-given life. The Power that raised Jesus from the dead can raise your life to a higher level. Don't stray off course – master your habits, your schedule, and your life. And give your Master all that you have to give – your very best.

-Bill