



# Session 6

Keep learning. Keep growing.  
PRACTICE UNTIL YOU BECOME IT!



# Notes

*Make It  
Happen*

*Dream It  
Then Do It*

*Slay Them  
With  
Success*

*You Can &  
You Will*

Whatever You Do Don't Give Up  
BECAUSE FOR ONCE, THIS IS FOR YOU!

# Review: Big Gets



## GOALS VS. INTENTIONS

Identify big dreams & create action steps to bring them to fruition.



## CONCEPT VS. CONCRETE

Take action steps that inspire your heart & compel your brain.



## PAIN VS. PLEASURE

Create internal & external motivators that will naturally move you to change &/or progress.



## ENVIRONMENT, HABITS & CELEBRATIONS

Shape the right environment to enhance positive implementation of key habits & celebrate every win.



## PRIORITY PLANNING

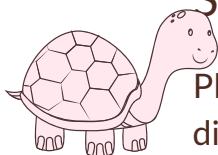
Design your life according to what & who is most important to you.



## COMMUNITY & ACCOUNTABILITY

Gather a community to inspire & motivate you.  
You were never meant to live life alone or accomplish big things in a vacuum.

## SLOW DOWN TO SPEED UP VS. STRATEGIC IMBALANCE



Plan daily rhythms and seasons of building and resting. Learning to discern between them (and schedule accordingly) is what will determine the difference between success & failure and striving verses satisfaction.



## What is your "impossible" dream?

*With God all things are possible. Matthew 19:26*

*The Lord gave and the Lord has taken away.*

*Blessed be the Name of the Lord. Job 1:21*

Will you hope for the impossible knowing that God loves you and knows all? He knows if what you are asking for would bless or harm you. Will you be willing to hope but hold opened handed the answer and result?

There are two prayers in this situation. The first is a prayer of full faith asking a Good Father to give you what you ask. The second prayer is of full surrender, asking Him to spare you a "yes" because He knows best.

If you're willing, write your impossible prayer & surrender/"give & take away" prayer below.

IMPOSSIBLE PRAYER

SURRENDER PRAYER



# Consider & Dream

## INSTRUCTIONS:

ALLOW YOURSELF 15 MINUTES OF QUIET TIME TO CONSIDER THESE QUESTIONS THAT WILL HELP YOU CREATE AND SHAPE YOUR VISION FOR THE NEXT YEAR.

WRITE YOUR ANSWERS IN THE PRESENT TENSE.



## 1. WHAT DO I WANT MY LIFE TO LOOK LIKE THIS TIME NEXT YEAR?

GET SPECIFIC AND WRITE DOWN WHAT YOU WANT THE FOLLOWING TO LOOK LIKE A YEAR FROM NOW:

PERSONAL LIFE

HEALTH & WELL-BEING

PROFESSION & SERVICE

## 2. WHAT IF THERE WERE NO OBSTACLES? (TIME, MONEY & YOU ARE NOT AN ISSUE)

## 3. WHO IS IN YOUR A-TEAM TO SUPPORT &/OR PARTNER WITH YOU?

## 4. WHO DO YOU WANT TO BE SO THAT YOU CAN ACHIEVE THIS?

## 5. IF THERE WAS ONE IMPORTANT CHANGE YOU COULD MAKE OVER THE NEXT SIX WEEKS, WHAT WOULD IT BE?



# Vision Boards



1 - PRAY: ENLIGHTEN MY MIND TO YOUR DESIGN

2 - ASK: IS THIS TIED TO IDENTITY?

3 - FIND PICTURES & WORDS

4 - RESEARCH-MAKE IT CONCRETE

5 - ENROLL YOUR A-TEAM



# On-Going Rhythm



P, N, D, L: Pray. There is no better Guide than the One that designed your life. Be honest with yourself about what you're feeling in this season about your needs, desires & legacy.



Intentions & Goals: Have big dreams & intentions but remember that you will have to have other's "buy in" for them to come to fruition. Then, set clear goals. (Doable & 100% up to you.) Always test your resolve & adjust if necessary.



Priority Plan: Once you have your dreams, intentions & goals written in a concrete way, now it's time to schedule and protect these priorities and activities. Time block when possible.



Design a Success Environment: Automate good decisions. Get in the flow. Crowd out negative influences.



Build & Utilize Your A-TEAM.  
A-Advocate for yourself  
T-Tell everyone  
E-Follow to Emulate  
A-Align for Accountability  
M-Engage Mentors





# On-Going Rhythm



**Navigate Obstacles:** There will always be obstacles that arise. Plan for those you can & overcome/adjust for those you could not predict. It is important to have "white space" in your calendar so you can mentally have the margin to "course correct" when needed.



**Stay Motivated:** Have a growth mindset. We can only remain determined if we believe we can learn & flourish even when we have a set-back. Revisit your pain & pleasure motivators often so that your internal drive stays alert & alive.



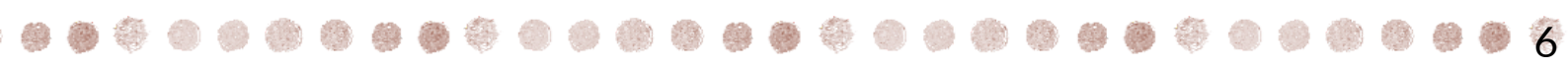
**Tap into Your Senses:** It is imperative that we honor the fact that we were designed to enjoy life. When we live through our senses we experience a cascade of positive brain chemistry which releases creativity. Enjoy the world around you & your success/fulfillment will escalate.



**Rest:** Rest is a gift given to us so we can relax, refresh, & recover strength. Every hour honor this by taking in 5 minutes of silence or nature. Every day respect this by getting adequate sleep. Every week observe this by taking a Sabbath.



**Have Fun:** Research shows play can improve abilities to plan, organize, get along with others, regulate emotions, and can even help cope with stress. Make sure to incorporate FUN into the daily rhythm of your life.





# What Can You Influence?

Influence: capacity to have an effect on

Control: the power to direct behavior  
or the course of events

YOUR BEING  
YOUR BELIEFS  
YOUR ATTITUDE  
YOUR THOUGHTS  
YOUR PERSPECTIVE  
YOUR BEING CHOICE  
HOW HONEST YOU ARE  
WHAT BOOKS YOU READ  
HOW OFTEN YOU EXERCISE  
HOW YOU TREAT YOURSELF  
HOW MANY RISKS YOU TAKE  
THE TYPE OF FOOD YOU EAT  
HOW KIND YOU ARE TO OTHERS  
HOW YOU INTERPRET SITUATIONS  
HOW YOU EXPRESS YOUR THOUGHTS  
WHETHER OR NOT YOU ASK FOR HELP  
HOW MANY TIMES YOU SMILE TODAY  
WHO YOU ASSOCIATE YOURSELF WITH  
WHAT YOU DO WITH YOUR SPARE TIME  
HOW YOU SPEND/INVEST YOUR MONEY  
HOW OFTEN YOU SAY I LOVE YOU YOU  
HOW MUCH TIME YOU WASTE WORRYING  
THE AMOUNT OF EFFORT YOU PUT FORTH  
HOW OFTEN YOU THINK ABOUT YOUR PAST  
WHETHER OR NOT YOU JUDGE OTHER PEOPLE  
HOW OFTEN YOU GIVE TIME TO APPRECIATE LIFE  
WHETHER OR NOT YOU TRY AGAIN AFTER A SETBACK



# The Power of Wonder







# Never Lose Your Sense of Wonder

Enjoy your life and live in the mystery of what  
God is going to do next.  
-Kathrine Lee





Thank  
you!

There are no words to describe how honored I am that you took this journey with me.  
My prayer is that you will continue to stay connected so I get to be a witness to your  
fulfilled dreams & see the impact of your legacy.

 Kathrine Lee