



Question

Remember to ask:

- 1. Why is this just PERFECT?**
- 2. Your new question**



WHAT THEN WILL
 YOU DO FOR
 YOUR OWN
 GREAT NAME?
 -JOSHUA 7:9

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Elizabeth Penney

8 hrs

What is absolutely blowing me away besides the teaching, the prophetic prayer, and the learning, is that I am "meeting" others with the same visions, the same situations, decisions, and needs. I love how the Lord brings others to walk beside us, no matter what we're facing. More evidence that He is at work, hallelujah!



Step 4

Establish

ACCOUNTABILITY

Step 5

MONITOR

Your Milestones

Day 7

Why Weekly Reflection Matters




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Day 7

#13 - Know Your Milestones

Change never happens overnight, but it does happen every day.

Every day, we're either moving closer to or further from the change we want to see in our lives.



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Day 7

Who Am I?

I am your constant companion.
I am your greatest helper or heaviest burden.
I will push you onward or drag you down to failure.
I am completely at your command.



Day 7

Who Am I?

Half of the things you do you might as well turn over to me and I will do them - quickly and correctly.

I am easily managed - you must be firm with me.



Day 7

Who Am I?

Show me exactly how you want something done and after a few lessons, I will do it automatically.



Day 7

Who Am I?

I am the servant of great people, and alas, of all failures as well.

Those who are great, I have made great.

Those who are failures, I have made failures.



Day 7

Who Am I?

I am not a machine though I work with the precision of a machine plus the intelligence of a person.

You may run me for profit or run me for ruin
It makes no difference to me.



Day 7

Who Am I?

Take me, train me, be firm with me, and I will place the world at your feet.

Be easy with me and I will destroy you.



Day 7

Who Am I?

Who am I?

I am Habit.



Day 7

#13 - Know Your Milestones

What Gets Measured, Improves.

What You Track, Stays on Track.



Step 5

5k 10k. half-marathon. 16 miles 18 miles. We knew that as long as I hit these Milestones on time, I had a very strong chance of achieving my ultimate goal. Triathlon - the same!



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#13 - Know Your Milestones

What are some significant Milestones to aim for to Make This Your Best Year Ever?



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#14 - Chart Your Progress

Every once in awhile a tool comes along that's a real game changer in the area of personal management and self-mastery. Google Forms is such a tool.



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Day 7

#15 - Take Time for Reflection



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Day 7

#15 - Take Time for Reflection

Monitor: (verb) to listen to transmitted signals on a receiving set in order to check the quality of the transmission; to keep tuned in.



Day 7

#15 - Take Time for Reflection

*Tuning into God. That's what it's all about. Something we should certainly do daily. But at least once a week, make sure your not getting a lot of static; that you haven't changed the channel.



Day 7

#15 - Take Time for Reflection

- *Monitor your life because "the unreflected life is not worth living."
- *People over the age of 90 were surveyed about how they would live their life differently. The top 3 answers: "I would risk more, reflect more and do more significant things."



Day 7

#15 - Take Time for Reflection

*Monitor Your Life with careful reflection: Annually, Quarterly and Weekly.





Weekly Evaluation Worksheet

- Am I listening for and hearing God's voice? What is he saying to me?
- Am I increasingly manifesting the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
- What did God teach me in my quiet times?
- Which priorities did I live by?
- Which priorities did I neglect?
- What new thing did I learn--about life, God, my family, and the people around me?
- What are my specific priorities for the coming week?



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PROVEN BY RESEARCH

Several studies have shown that 6 month and 1 year goals are more likely to go unachieved. Humans natural tendency to overestimate what they can achieve in those time-frames then causes discouragement and self-doubt. (If you've battled with missing your goals in the past, The 90 Day Year will turn those goals into successes.) It creates a natural theme to your next 90 days. It creates a natural sense of urgency and momentum over the days and weeks in your 90 Day Year.

Day 7

#15 - Take Time for Reflection

Healthy Reflection v. Unhealthy Self-Absorption



Day 7

It's Your Turn:

Make a list of questions you need to ask yourself during a time of quiet reflection once per week. Questions that will empower you to tune in to God, tune into your life, and course correct as needed each week, rather than waiting until you are at the end of your life to realize: I was on the wrong track all along.



Day 7

It's Your Turn:

Consider Quarterly Goals & Quarterly Evaluation



Day 7

It's Your Turn:

- Paper
- Google Form
- Smart Phone App



Day 8

Day 8: How to Reward Yourself in a Rewarding Way



Step 6

Celebrate Your

ACHIEVEMENTS

Day 8

The Greatest Management Principle in the world is this:

"Behavior that gets rewarded, gets repeated."

It's also the greatest self-management principle. Unfortunately, many of us reward all the wrong behaviors...and often with all the wrong rewards.



Day 8

The key is to reward yourself the right way.



Day 8

What unwanted behavior keeps repeating in your life?

You ARE rewarding it!



Day 8

Results Don't Lie



Day 8

Results or Excuses?



Day 8

#17 - Plan Your Rewards

In order to make this principle work for you, rather than against you, it's important to identify the key behaviors that are absolutely critical to your success. Then decide, in advance, how and when you will reward yourself for consistently engaging in those behaviors.



Day 8

#17 - Plan Your Rewards

List the key behaviors you need to reward so they will be repeated



Day 8

Key Points:

- *The size of the reward must match the size of the achievement.
- *Monetary value should be \$50-100, or more.
- *Time value: half-day to a weekend.



Day 8

Key Points:

Pick a reward that seriously motivates you. Something you would NOT normally give yourself.



Day 8

Key Points:

Give others a stake in your success.



Day 8

Take the 5 Love languages free assessment tool:

<http://www.5lovelanguages.com/profile/>



Day 8

Quality Time

Your reward should feature time away from the daily routine, eye-to-eye with someone you love spending time with.



Day 8

Receiving Gifts

This is probably the easiest one to reward. You can give yourself a special gift. Or give someone you love a list of 10 gifts to choose from when you complete your goal, so you can enjoy the element of surprise.



Day 8

Acts of Service

Have a loved one ease the burden of responsibility for a day, a weekend or to tackle a special project alongside of you.



Day 8

Physical Touch

Your reward should feature physical touch, whether a facial, massage or pedicure. Or you can ask a loved one to agree to reward you with x number of foot rubs or long walks holding hands.



Day 8

We are commanded 88 times to celebrate.

“You are to celebrate in the presence of God, your God, all the things you’ve been able to accomplish.”

Deuteronomy 12:18



Day 8

Is it okay to Celebrate our accomplishments and Reward ourselves?

Never kid a kidder! You are ALREADY rewarding yourself. And the less you accomplish, the more you are probably rewarding all the wrong behaviors.



Day 8

Key Verses:

Moses posted the calendar for the annual appointed feasts of God which Israel was to celebrate. Leviticus 23:44

Rejoice at your festival....for seven days at the place God designates. God, your God, has been blessing you in your harvest and in all your work, so make a day of it —really celebrate! Deuteronomy 16:1



Day 8

Key Verses:

Bring gifts and celebrate.
— Psalm 96:8



Day 8

You ARE rewarding behavior.
You WILL reward behavior.
Will it be conscious or unconscious?



Day 8

A Biggie

Your reward: Attention & Sense of Significance

Activity You Are Rewarding: Complaining about your Problems.



Day 8

DIRE WARNING

Are you Rewarding the Devil?

He LOVES publicity!

We provide the fuel for the flame



Day 8

DIRE WARNING

Demons play by the same rules.
When you reward their
behavior, they REPEAT it.



YOUR BIGGEST
PROBLEM
IS THAT YOU THINK
YOU SHOULDN'T
HAVE PROBLEMS.


- TONY ROBBINS -



Day 8

God Is a Rewarder

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. Hebrews 11:6




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Day 8

God Is a Rewarder

After this, the word of the LORD came to Abram in a vision: 'Do not be afraid, Abram. I am your shield, your very great reward.' Genesis 15:1




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Day 8

God knows how we are made. He knows that if we don't take time to celebrate and don't pro-actively reward ourselves for a job well done, we will turn to self-comfort. We will reward all the wrong behaviors....and often with all the wrong rewards.



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Day 8

Make a list of behavior you want to reward.
Make a list of good-for-you rewards you enjoy.
Only reward good behavior.
And only reward good behavior with rewards that are good for you!



Day 8

2 Critical Steps

1. Stop Unconsciously Rewarding the Wrong Behavior
2. Start Consciously, Pro-Actively & Intentionally Rewarding the Right Behavior

