



**Welcome to
Days 12 & 13:**

**Make This
Your Best Year Ever**



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Question

Remember to ask:

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



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Denise Stephens You can't clear out what you don't SEE!! I'm grateful for today's EYE-OPENING Wake-Up Call!!!!....Now is the time and I say YES...I'm ready Holy Spirit, My Helper!! Let's get moving! I've been a Christian for over 30 years and this is, without a doubt, the BEST exposition of the Parable of the Talents that I have ever heard!! Very CLEAR, very CONVICTING and very EMPOWERING! The TRUTH does set us free, but not without pain! There is a cost for real change!! I know God will continue to give me the COURAGE to move forward and do what " seems " impossible! Thank you Donna!!!! God Bless You for YEARS of DILIGENCE!!!



Linda Harris

42 mins

You were so on target today, [Donna](#)! I identified with two of the things you said. First, I applied to teach a class to editors on how to edit children's books. I did it on a "whim" but I think it was God leading me to do it. But when I was told that I was approved to teach the class, insecurity set in. At first, I only wanted to teach for four weeks because I didn't think I could come up with enough material for more. I asked for prayer in the prayer room of another WEU class and those women prayed hard and encouraged me. My confidence grew and I signed up to teach for six weeks. One thing that encouraged me was something from one of the earlier webinars for another class. "Study one topic for 30 minutes a day for three months and you'll be able to position yourself as an expert on that topic." I thought, "I can do that!" As I've been studying, I realize that I could teach for eight weeks and still have enough material! I'm doing this with confidence now!

The second thing is about "adult children." Our son lived with us until a couple of years ago. We didn't want to "kick him out" because he has diabetes and we didn't want him out on the street with no medical care. But it probably was a lot of fear on everyone's part. Then we made the decision to downsize to a smaller apartment from a five bedroom house. That meant our son needed to find his own place. He's struggling to make ends meet and still put money into savings. But we aren't subsidizing him, and he's looking at options (how to earn more money, moving to a less expensive apartment although his current apartment is about as cheap as they come, or getting a roommate). But we're letting him handle it and only giving him advice when he asks for it.

So in both these areas, I have moved from the place that was holding me back to the place where God can bless and promote me. I have to say, it's liberating. I hope this encourages someone!



Step 2

PLAN

Based on Your
Pre-Determined
Priorities

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Step 3

Create a

MEASURING SYSTEM

to Track Your Progress

This slide features a background with a green-to-blue gradient and a white rectangular area. The text is centered within this area. 'Step 3' is in a blue script font. 'Create a' is in a blue sans-serif font. 'MEASURING SYSTEM' is in a large, bold, white font inside a dark green oval. 'to Track Your Progress' is in a blue sans-serif font.

Step 4

Establish

ACCOUNTABILITY

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Step 5

MONITOR

Your Milestones

This slide features a background with a green-to-blue gradient and a white rectangular area. The text is centered within this area. 'Step 5' is in a blue script font. 'MONITOR' is in a large, bold, white font inside a dark green oval. 'Your Milestones' is in a blue sans-serif font.


Step 6
Celebrate
Your
ACHIEVEMENTS

Step 7
IMPART
Your Gifts
to
Impact the World

Day 12

I Resolve

I resolve to partner with God to Make This My Best Year Ever by _____ (doing what) _____ (where) _____ (when/how often) so that I can _____ (accomplish what)




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Day 12

I Resolve

I resolve to partner with God to Make This My Best Year Ever by walking 30 minutes around my neighborhood at 7am every day of the week so that I can lose 10 pounds.



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Day 12

I Resolve

I resolve to partner with God to Make This My Best Year Ever by writing for four hours at Starbucks from 8am to noon every Saturday so that I can easily write a chapter a month and finish the book by January.



Day 12

I Resolve

I resolve to partner with God to Make This My Best Year Ever by writing every morning from 7-8am in my home office so that I can easily write a chapter a month and finish the book by January.



Day 12

I Resolve

Re-write the sentence (or up to 3 sentences) first thing every morning.



DAILY EVALUATION

Start my day w/God

Hold my weight under ____

Impact & Income on the Internet

No Vain Thing

Exercise



Day 12

Come Into Balance

When we are handling our own responsibilities with integrity and excellence, God **will** call upon us to partner with him in lifting burdens and empowering people to rebuild their lives.



Day 12

Come Into Balance

Nehemiah will be used to empower, encourage & equip the people to clear out the rubble and rebuild their lives.

He doesn't do it FOR them.

And first, his own life is well-ordered.



Day 12

"When I heard these words, I sat down and wept and mourned for days; and I was fasting and praying before the God of heaven."

Nehemiah 1:4



Day 12

When Nehemiah heard that the walls of Jerusalem had crumbled, he wept. He understood how vulnerable that made the people and he had genuine concern for them.



Day 12

Like a city whose walls are broken down is a man who lacks self-control (Proverbs 25:28).



Day 12

Today, people are self-consumed rather than self-controlled.

Our walls are broken down and the result is broken relationships, broken families, broken churches, broken morality and a broken society. It's time to rebuild.



Day 12

We pray.
We partner.
We provide resources & leadership.
We don't enable.



Day 12

Nehemiah respected the people enough to believe they were capable of rebuilding their lives.

As a result, they rose to the occasion.



Day 12

Nehemiah wasn't running away from a mess to meddle in other people's messes.

What can we infer?



Day 12

How You Do One Thing Is How You Do Everything...So Change How You Do One Thing.

Nehemiah "had his act together"

Let's follow his example.



Days 12: Energy Management - Drain, Gain & Pain



Day 12

ENERGY DRAINS

We all have things we are responsible for that drain our energy. What to do about them?

Delegate:

- *Technology
- *Mother's helpers/Playgroups or Mother's Co-ops
- *Family members
- *Fiverr/Upwork/elance



Day 12

ENERGY DRAINS

- *Ultimate Delegation is Duplication/ Discipleship.
- * We can multiply our effectiveness by empowering others to work on our behalf, whether family members, volunteers, business partners, affiliates or VAs.



Day 12

Eliminate:

- *Relationships that don't uplift you
- *Friends who aren't really friends
- *Organizations



Day 12

Eliminate:

- *Commitments you never should have agreed to in the first place
- *Commitments that have run their course; don't "re-enlist"



Day 12

Eliminate:

- *CLUTTER is a huge energy drain!
Eliminate all the stuff!!!



Day 12

Eliminate:

- *Simplify your life.
- *Simplify your schedule.
- *Simplify your wardrobe.



Day 12

Eliminate:

- *Eliminate food items and food groups that have a negative impact on your body.



Day 12

Concentrate:

- *Do everything you hate (chores & routine obligations) in one day. It will be the worst day of the week, but reward yourself and enjoy the rest of the week.
- *Do bills one day a month.
- *Grocery shop twice a month.



Day 12

Concentrate:

- *Concentrate for an extended period of time to get projects where they need to be. (Go away to write a book)
- *Put an income stream on autopilot. Do the hard work in one concentrated season of effort, then kick-back and enjoy it.



Day 12

ENERGY GAINS

- *Focus on your Best Life.
- *Operate in your gift and call.
- *Build on your strengths. Stop trying so hard to overcome your weaknesses. (I'm not referring to sinful behaviors, of course.)



Day 12

ENERGY GAINS

- *Use a TO DO List. Tackle the MOST IMPORTANT THING FIRST and feel the energy it releases.
- *Do things that bother you early in the day and be done with them (exercise, household chores, etc.)
- *The opposite may work better for you (momentum)
- *Change of scene and society.



Day 13: Establish Policies & Procedures



Day 13

For The Ultimate You Inc.

Make once-for-all decisions and quit exhausting yourself by re-deciding things.



Day 13

Some of my Policies include:

I never lend money. If I can meet a need, I give the money and don't expect repayment.

I never lend my car.

I never babysit a child unless it's a relative and then only if I offer..and I never accept payment.

I never counsel women about their marriage unless I know them incredibly well, and even then, I tread carefully.



Day 13

Some of my Policies include:

I never answer the phone if I don't recognize the phone number.

I don't buy size 10 clothing. I'd like to wear a 6. I usually wear an 8. I will never buy size 10. Period. It's already decided.

I never go to a movie without consulting Plugged In.



Day 13

Some of my Policies include:

I always reward myself for a job well done.

I don't reward bad behavior in myself or others.



Day 13

What are your never policies for Ultimate You Inc?



Day 13

**Consistent
Focused
Action
is the
Key**



Day 13

Procedures (Routines)

- * Routines are your best friend.
- * Routines run your life on autopilot and remove the exhausting agony of decision for small matters, thus conserving energy for larger issues.



Day 13

Procedures (Routines)

- * Do things on certain days of the week or month.
- * Tackle specific tasks at certain times of day following a consistent system.



Day 13

Some of my Procedures:

- * Wake up before or at the alarm. Don't hit snooze.
- * Start my day with protein, usually a shake.
- * Limit myself to one cup of coffee (or less).



Day 13

Some of my Procedures:

- * Have Quiet Time during or immediately after breakfast (outdoors if weather permits).
- * Have Quality Time with oldest daughter before she leaves the house.
- * Pack a healthy snack before leaving the house (nuts or high protein cookie) so fast food doesn't tempt me.



Day 13

Some of my Procedures:

- * Set timer and clean for 30 minutes before bed.
- * Refill the filtered water pitcher before bed.
- * Honor the Sabbath.
- * Take time for extended reflection and planning on the Sabbath.



Day 13

What are some of your Procedures (routines)?



