



EPISODE: 420

TITLE: **Beyond the Resolutions: Ideas for Staying on Track**

If you're like many people, you may have made some resolutions at the beginning of the year with the best of intentions, but you may be struggling to stay on track now that the year is already underway.

Here are three key things to believe and consider about setting and keeping goals...'

1. **It's essential to set specific, achievable goals.** This means making your goals as clear and specific as possible, rather than setting a broad or vague goal like "exercise more." For example, instead of resolving to "exercise more," try setting a goal to go to the gym 3 times a week. Instead of "get to know our neighbors better," how about picking one night of the week that you will consistently invite a neighbor or person of peace over for dinner... same night, on your calendar, part of your normal rhythm. By setting specific goals, you'll be able to track your progress more easily and stay motivated.
2. **Believe in your own ability to make lasting changes in your life and achieve your goals—with God's strength and guidance.** This doesn't mean that you won't face challenges or setbacks along the way – everyone does. However, it's important to approach your goals with a positive attitude and a belief that you are capable of making progress. And remember, you are absolutely loved and accepted by God regardless of your performance or failed attempts. Trust him to guide your goal setting and achieving.
3. **To get started right away, take some time to write down your goals and make a plan for how you will work towards them.** Consider sharing your goals with a friend or accountability partner, and schedule regular check-ins to stay on track. Then, start taking small, incremental steps toward your goals every day or week. What is the "one thing" you can do each day to move you toward accomplishing your goals? One thing! This might mean going to the gym, reading a chapter of a specific book, or taking some other action that moves you closer to your goal. By taking consistent, intentional action and staying committed, you'll be well on your way to achieving your resolutions.

If you are interested in being coached by Caesar and his wife Tina in a lifestyle of discipleship and mission, new cohorts are starting soon... Start experiencing greater spiritual freedom and relational peace today!

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Thanks for listening... we'll see you in the next episode!

~Caesar