

Living Out Loud Intentionally



When your daily _____ reflect your governing values, you experience inner peace.



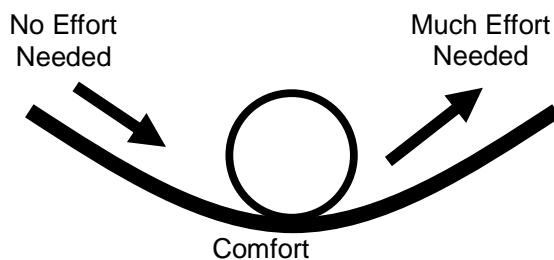
Starts with Governing Values

- Accomplish great deal but not satisfied
- Neglect things that _____
- You'll be _____ but not productive
- Everything based on urgency

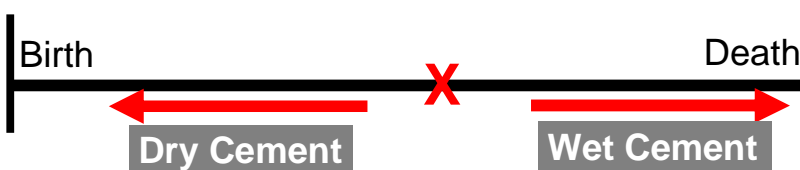
What matters most in life should not be at the _____ of less important things. *We will plan and live reactively.*

Goal: Planned conflict with the _____

To reach any significant goal you must leave your _____.



Bondage is hard to leave _____ it is so comfortable.



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S.M.A.R.T. Goals

- _____ – states exactly what will be accomplished
- _____ – milestone event and date given
- _____ – sets up things to be done
- _____ – within geographic & other constraints
- _____ – reasonable but not too long

I will stand on my guard post and station myself on the rampart; and I will keep watch to see what He will speak to me, and how I may reply when I am reproved. Then the LORD answered me and said, "Record the vision and inscribe it on tablets that the one who reads it may run. For the vision is yet for the appointed time; it hastens toward the goal and it will not fail though it tarries, wait for it; for it will certainly come, it will not delay. *Hab. 2:1-3*

He replied, "Go tell that fox, 'I will drive out demons and heal people today and tomorrow, and on the third day I will reach my goal.'" *Luke 13:32*

So we make it our goal to please him, whether we are at home in the body or away from it. *2 Corinthians 5:9*

Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? *Galatians 3:3*

Goal Categories

Are any of these areas suffering neglect?

- Physical well-being
- Family/Spouse
- Spiritual/Humanitarian
- Financial
- Company/Career
- Company/Strategic
- Community/Political
- Educational/Personal Development

Let us fix our eyes on Jesus, the Author and Perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. *Hebrews 12:2*

Homework

1. Daily read your values out loud.
2. Write three S.M.A.R.T. long-range goals with three intermediate goals for four different value categories.

If you have any questions or concerns, just give me a call 713-824-5649 or communicate through www.BeckyTurner.com.

You can gain control of your life and have inner peace!!!

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PHYSICAL WELL-BEING

- Have I had a complete medical/dental examination in the last year?
- Am I involved in a systematic program of physical exercise?
- Am I at my optimum weight level for my height and build?
- Do I have any harmful habits that need control?

FAMILY/SPOUSE

- Am I spending enough time with my family?
- Do I spend one-on-one time with my spouse and each of my children?
- Do I help plan meaningful family activities?
- Have we had or are we planning a family vacation?
- Do I take business work home frequently?

SPIRITUAL/HUMANITARIAN

- Have I volunteered to help another in need lately?
- Am I living my more and ethical principles?
- Should I attend church more often?
- Do I foster a teachable, humble attitude?

COMPANY/CAREER

- Do I have a plan for career advancement?
- Do I understand my next career step and how to get there?
- Have I communicated my expectations to my boss?
- Will my current career path get me where I want to go?

COMPANY/STRATEGIC

- Do I have specific production goals?
- Do my projects get finished on time and within budget?
- How can I be more effective on the job?
- Am I building up my subordinates?

FINANCIAL

- Am I living within my income?
- Do I have an ongoing savings or investment plan?
- Will I have the money I need to retire as I want to?
- Am I using my credit wisely?

COMMUNITY/POLITICAL

- Am I aware of and helping to solve community problems?
- Do I actively support my political party?
- Am I engaged in good community causes?
- Are my neighbors known to me and I to them?

EDUCATIONAL/PERSONAL DEVELOPMENT

- Is my education and training well-rounded?
- Do I have a reading list of subjects to learn about?
- Have I been to the theater/art show/concert lately?
- Have I planned time for rest and relaxation?