

Mastering Your Destiny

Session 1

Where are you now compared to where you expected to be? -----

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

1. God's gift to man is his potential. Our responsibility to Him is to develop it.
2. "As long as you live, keep learning how to live." [ROPE DEMO]

Blueprint for Success – **The Vital Role of Planning** -----

1. Why should we create a strategic plan for our lives?
 - a. Provides a sense of direction and purpose.
 - b. Enables one to navigate challenges and uncertainties more effectively.
 - c. Contributes to personal growth and development.
2. Why don't we plan?
 - a. Uncertainty and Change
 - b. Limits opportunity for Personal Growth and Discovery
 - c. Imbalance of goal setting and enjoying the present
3. Without Intentionality, people drift

Where there is no vision, the people perish. Proverbs 29:18

Blueprint for Success – **The Four Critical Questions** -----

1. Where are you now?
2. Where do you want to be?
3. How are you going to get there?
4. How are you going to monitor your progress along the way?



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Question #1: **Where are you now?** -----

You must know yourself to grow yourself.

1. You must know your starting point.
2. Personal assessment – are you balanced or disproportioned?
[Self-Assessment EXERCISE]
3. You can't go back – Start where you are and change the ending!

Transforming your Mindset -----

1. You do what you do because of what you think of you.
2. Our decisions are based on our self-identity.
Every time we make a decision, we ask ourselves 3 questions:
 - a. Who am I?
 - b. What kind of situation is this?
 - c. What would someone like me do in this situation?
3. Our Identity
 - a. World-Defined Identity – Outward In [EXERCISE]
 - b. God-Designed Identity – Inward Out [EXERCISE]

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. Ezekiel 36:26 NLT

4. Know your WHY – your DRIVING force!
 - a. Your purpose aligns with your principles.
 - b. Adds depth and significance to your personal goals.
 - c. Strengthens your motivation. [EXERCISE]
5. How do we transform our mindset?
 - a. Lay aside every weight. Hebrews12:1
 - b. Start your day with GOD.
 - c. Visualize your future self.
 - d. Slow down and be mindful.
 - e. Self-Reflection and Journaling
 - f. Adopt a Growth Mindset
 - g. Remember your WHY.

*Let God transform
you into a new
person by changing
the way you think.
Romans 12:2*

----- **To experience change that lasts, focus on WHO, not do**-----



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Question #2: **Where do you want to be?** -----

1. Defining your win is how you begin.
 - a. Describe your end goal.
 - b. Your end goal should be a skillset, character trait, or virtue.
 - c. Material things and resume accomplishments are the byproducts and/or scorecard metrics that will follow.

2. Let's define your Goals knowing that when God is on your side ANYTHING is possible.
[EXERCISE in SETTING GOALS]

For with God nothing shall be impossible. Luke 1:37

Homework for May 3:

- Review exercises, think about them, and make them more robust.
 - "Where are you Now" Self-Assessment.
 - Define Your WHO worksheets (World-defined and God-designed Identities)
 - "Find Your WHY" worksheet

- Find a "Recipe" to improve in one category of life
For Example:
 - How to lose 10 lbs
 - How to get out of debt
 - How to be great at work
 - How to be a better husband

