

# Mastering Your Destiny

## Session #2

### I. Review

- a. You were created for good works (Ephesians 2:10)
- b. Transform your Mind
  - i. Establish your “who” (World-defined or God-designed)
  - ii. Know your “why”
  - iii. Don’t let self-talk destroy you.
  - iv. Be grateful.
- c. **Question #1:** Where are you now?
- d. **Question #2:** Where do you want to go?
  - i. End Goal should be a skillset or character trait.
  - ii. Go Big – God is on your team!

### II. What is a WIG? WILDLY IMPORTANT GOAL

- a. The Goal that that will make a difference.
- b. The Goal that you will COMMIT to apply a DISPROPORTIONATE amount of energy to.
- c. Always connect the WHY!

### III. **Question #3:** How are you going to get there?

- a. Find your RECIPE and commit to it. (Proverbs 24:27)
  - i. BEWARE of shortcuts
  - ii. ALL of the steps are necessary.
- b. Stop Trying. Start TRAINING
- c. Design your Winning Environment
  - i. Time and Place
  - ii. Create your “DREAM TEAM”

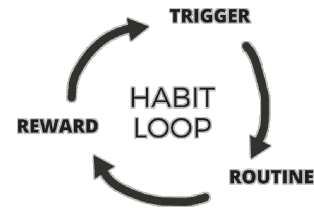


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#### IV. **Question #4:** How do I maintain momentum for the Long Haul?

- a. It's all about creating Habits.
  - i. Who you are TODAY has largely been shaped by your habits.
  - ii. If you want to change your life, change your HABITS.
  - iii. 4 Steps to Habit Mastery
    - 1. Start with SMALL incremental steps and BUILD onto them.
    - 2. Fanatical Consistency
      - a. Create your Scoreboard.
      - b. Imperfect Consistency is OK
    - 3. The Psychology of Justification
    - 4. Know your TRIGGERS
      - a. Avoid the Landmines
      - b. Have a preemptive plan



- b. The Difficulty of Habits
  - i. Starting a Habit: The PAIN is now and the REWARD is later.
  - ii. Stopping a Habit: The REWARD is now and the PAIN is later.

-----*We must all suffer one of two things*-----  
*The pain of discipline or the pain of regret.*

- c. Periodically Reassess and Tweak
- d. Don't DELAY – The Time is NOW!

