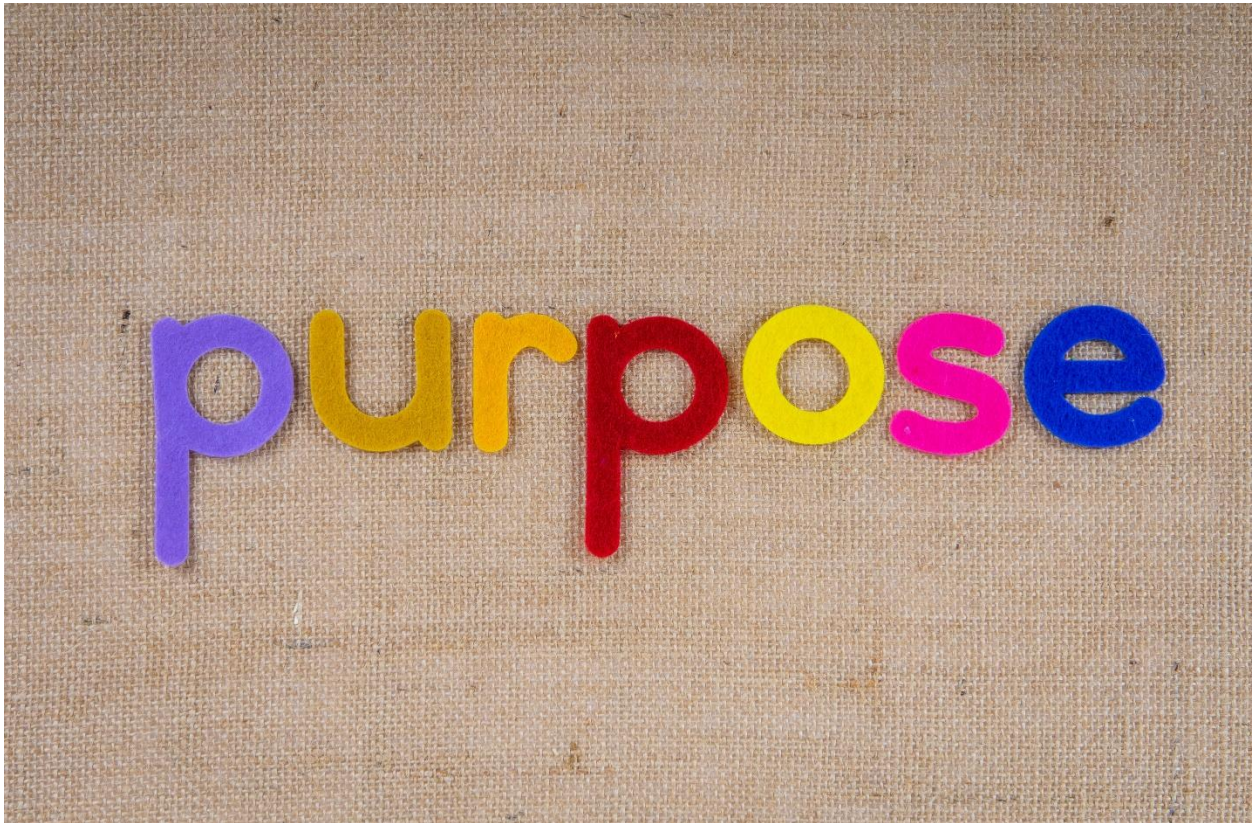


## Mindset and Purpose

By Lisa Bell



Why is it that some people seem so accomplished, and others are always left feeling like they never get what they need to, done?

Could it be we are unfocussed? Do we let every little bump in the road derail us? The kids forgot to tell us about an event that we must attend or do something about. There is a storm coming, the car suddenly breaks, the list goes on. Do you get back into focus or let it take you completely off your goals?

The choice is yours.

Could it be we need to develop habits that work to our advantage? In Mark Batterson's book *Win the Day* he talks about breaking down habits in day tight compartments. When you want to lose weight don't think of losing 20 pounds, think of it as losing a pound TODAY which means drinking your required water TODAY, watching your food intake TODAY. Then you do it again tomorrow.

We do everything with a purpose, getting to work, getting kids to school, or taking the dog for a walk. We have it in us and just don't realize it. We have developed habits and just don't call them habits.

Pick something you want to accomplish and get down to the basics. Maybe you want to be on time more instead of being late. Maybe you want to be better at knowing the Bible, whatever your goal is. Do the steps each day to maintain your GOOD habit. If you want to be on time to do things determine when you need to get up to accomplish that. If you are not an early riser this may mean starting the

night before with going to bed earlier. If you want to know your Bible more than read a verse a day or do part of a study. Do it at the same time each day so it becomes part of your good routine. It is up to you.

A few years ago, I had thought I had tried everything and had basically given up on being a healthy weight again. People would tell me "It's harder to take off the weight when you are older." I listened. This was my derailment. I know they meant well but there was a way, and I just hadn't been obedient to taking care of myself. Finally, after much prayer, God put me in touch with some brave and talented people and the journey began. I learned how to cook differently, eat better and I learned that with the way we store and grow food, it is less nutritious than it used to be, so we need supplementation. I started on the weight management patches AND the food plan, AND exercised and guess what?? It worked, now, I have to keep these habits, or I go back to the place I didn't want to be.

I have talked to people who are suffering because they have knee pain or foot pain, and it would be greatly helped by changing their weight to a comfortable level. What will it take for you to develop a better habit for a better you?

Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Last tip: give the brain the nutrients it needs, and it is much easier to get to the mindset you need to be in, to accomplish what you need to do.