

**Ephesians 2:10, NLT**

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

1 Corinthians 9:24-27, NLT

Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. So I run with purpose in every step. I am not just shadowboxing. I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

Philippians 4:6-8, NLT

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Galatians 5:16-17, HCSB

I say then, walk by the Spirit and you will not carry out the desire of the flesh. For the flesh desires what is against the Spirit, and the Spirit desires what is against the flesh; these are opposed to each other, so that you don't do what you want.

Hebrews 12:1, NASB

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us.

2 Timothy 1:7, NLT

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

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↻ TRAILBLAZER'S RHYTHMS

1. **Clarity Comes with Momentum**—Don't wait to start your dream.
2. **Maintain Momentum**—Momentum builds with every effort. Don't lose momentum!
3. **Practice Stop, Start, & Keep Steps**—Gain momentum by asking, *"What do I need to start doing, stop doing, and keep doing?"*
4. **Focus on the Next Step**—Break your goals down into very small steps and only concern yourself with the very next one.
5. **Celebrate Short Term Wins**—Gain energy for the journey by stopping each week to celebrate small victories and clarifying moments.
6. **Overload**—Reach positive goals and replace bad habits with small but increasingly beneficial changes.
7. **Prioritize Paradoxically**—Prioritize by asking, *"What do I not want to do that I know I really ought to do?"* Make that answer your daily priority.
8. **Maintain a Manageable Pace**—Pace yourself by steering away from efforts and activities that don't line up with your larger vision.
9. **Seize the Moments**—Be courageous with the bold step when the moment calls for it.
10. **Stay Connected**—Courage comes in connection with God and others. Don't journey alone.



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