

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.

- Spend 5 minutes daily (at least) meditating on this passage.
- Ask God to make clear what changes need to happen in your life in order for you to begin gaining momentum with the ambitious plans He created you for.

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.

- Spend 5 minutes daily (at least) meditating on this passage.
- Ask God to make clear what changes need to happen in your life in order for you to begin gaining momentum with the ambitious plans He created you for.

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.

- Spend 5 minutes daily (at least) meditating on this passage.
- Ask God to make clear what changes need to happen in your life in order for you to begin gaining momentum with the ambitious plans He created you for.

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.

- Spend 5 minutes daily (at least) meditating on this passage.
- Ask God to make clear what changes need to happen in your life in order for you to begin gaining momentum with the ambitious plans He created you for.



3. Practice Stop, Start and Keep Steps (BCGS)

Gain momentum by asking, "What do I need to start doing, stop doing, and keep doing?"

4. Focus on the Next Step

Break goals down into very small steps and only concern yourself with the very next one.



Caffeinated Questions:

In relationship to your major flywheels what do you need to stop, start, and keep doing?

What focused next step will you take this week to move one or more of your ambitious flywheels along?



3. Practice Stop, Start and Keep Steps (BCGS)

Gain momentum by asking, "What do I need to start doing, stop doing, and keep doing?"

4. Focus on the Next Step

Break goals down into very small steps and only concern yourself with the very next one.



Caffeinated Questions:

In relationship to your major flywheels what do you need to stop, start, and keep doing?

What focused next step will you take this week to move one or more of your ambitious flywheels along?



3. Practice Stop, Start and Keep Steps (BCGS)

Gain momentum by asking, "What do I need to start doing, stop doing, and keep doing?"

4. Focus on the Next Step

Break goals down into very small steps and only concern yourself with the very next one.



Caffeinated Questions:

In relationship to your major flywheels what do you need to stop, start, and keep doing?

What focused next step will you take this week to move one or more of your ambitious flywheels along?



3. Practice Stop, Start and Keep Steps (BCGS)

Gain momentum by asking, "What do I need to start doing, stop doing, and keep doing?"

4. Focus on the Next Step

Break goals down into very small steps and only concern yourself with the very next one.



Caffeinated Questions:

In relationship to your major flywheels what do you need to stop, start, and keep doing?

What focused next step will you take this week to move one or more of your ambitious flywheels along?