

Positive Mental Attitude

Reaching your goals in 3 steps

Motivation

- To move into all that God wants you to be, you have to desire to reach a goal.
- Motivation is what gets you up and moving toward that desire.
- You have to make the decision to get started.



Climbing isn't easy

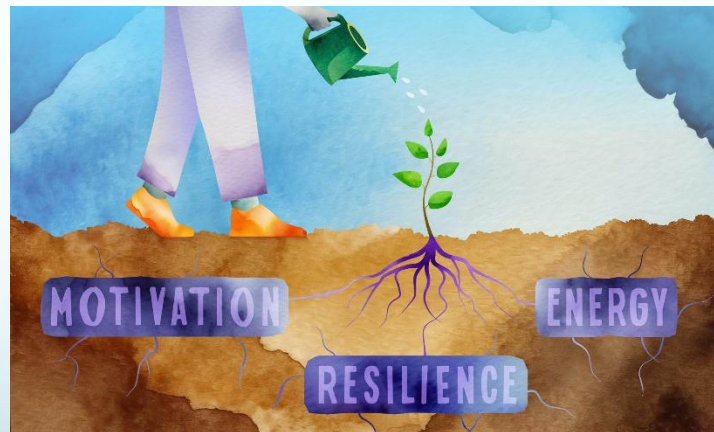
- There are steps on the way to the top.
- Each step is essential for achieving what God has for us, and for learning what God has to teach us.
- Each step is a challenge, but necessary in the process of growing.

Motivation requires resilience and energy

- What if you have no energy?

God is our source of energy. Ask Him to help you.

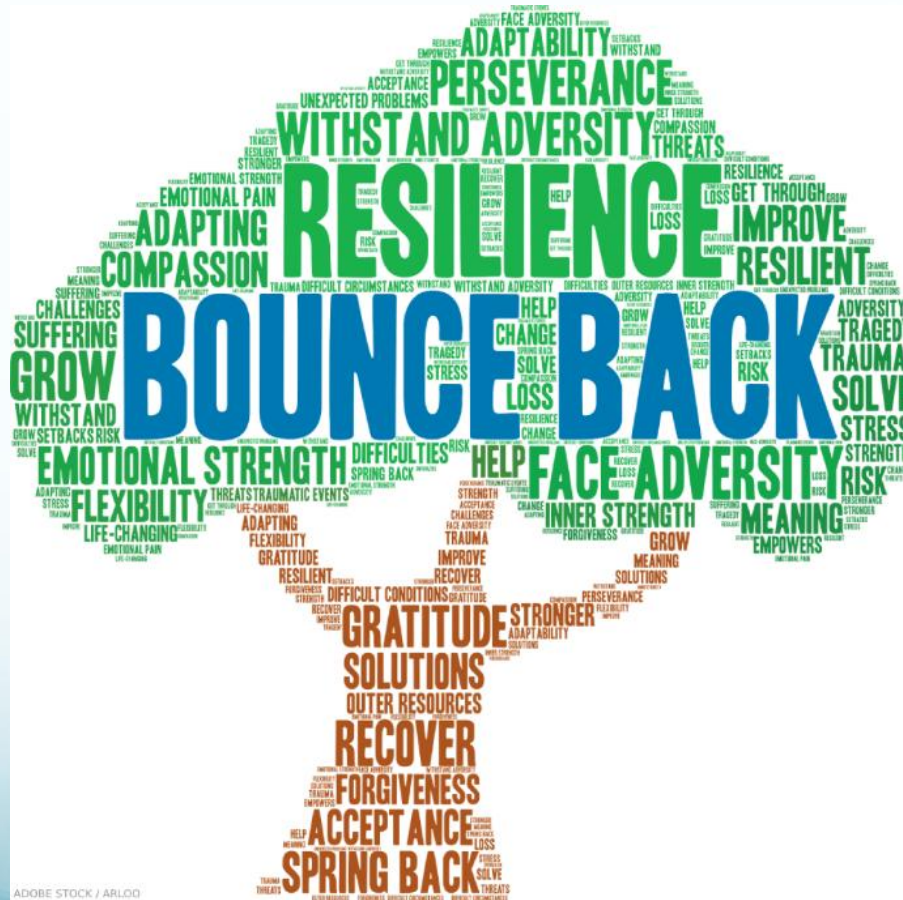
- Resilience is never giving up, even if you fail.



NO MATTER HOW
HARD THE PAST IS, YOU
CAN ALWAYS BEGIN
AGAIN.

- JACK KORNFIELD

Bounce back!



Set a goal.

- Know your purpose.



- Here are some steps towards the goal ...

Step 1: Show interest

- Once you have set a goal, do all you can to show interest in that area.
- Seek out others who can help you. Learn from them.
- Watch YouTube videos on the subject.
- Start a notebook and write the things you have learned so far.



Ask questions

- What do you want to find out?
- Who will you ask?



Step 2: Make an effort

- We may begin the journey to reach our goal, with great enthusiasm.
- But this can dwindle away.
- Many people have unfinished projects around their house – like an unfinished painting, or an unfinished piece of carpentry.
- The same goes for our goal to learn about God. We have to keep going!

Keep climbing!

- The Bible tells us to keep studying and learning in the area of spiritual truth:
- **Hebrews 2:1** We must pay the most careful attention to what we have heard, so that we do not drift away.
- And in the words of Jesus: **Luke 9:62** Jesus replied, “No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.”
- EFFORT must be CONSISTENT.

Consistent effort brings change



IT'S NOT ABOUT
PERFECT. IT'S ABOUT
EFFORT. AND WHEN
YOU BRING THAT
EFFORT EVERY SINGLE
DAY, THAT'S WHERE
TRANSFORMATION
HAPPENS. THAT'S
HOW CHANGE
OCCURS

-JILLIAN MICHAELS

Step 3: Application

- Knowledge alone does nothing.
- Maybe you have learned some key things to help you reach your goal
- But now you must apply what you have learned to the real-life situation.
- Have you learned about growing vegetables? Then you must do it.
- Have you learned how to play a sport? Then you must join a team.

- Have you learned how to play the guitar? Then you must play, and even join a band.
- Have you learned some carpentry skills? Then you must make things with wood.
- Have you learned how to cook food? Then you must cook.
- Have you learned how to get closer to God? Then you must read the Bible and pray, and learn more by listening to God's word being preached.

“Knowledge is of
no value unless
you put it into
practice.”

Anton Chekhov

Live it out.

- Do what you say you will do.
- Know what God wants you to do.
- Share your knowledge, your gifts and talents, with others.



Discussion

What is resilience?

How can asking questions help you reach your goal?

Why is consistency important?

Choose a goal for yourself and discuss with a partner what you could do to show APPLICATION in achieving that goal.