

Many people don't jump-start their life because they don't have anything to jump-to! John Maxwell

Point #2: Recognize the power of _____.

"To be a real winner, you have to stop doing the stuff that's not good for you." Jim Allen

Quit for the Right Reasons

- 1) You quit something you _____ do well to start something you _____ well.
- 2) You quit something you're not _____ about to do something that fills you with passion.
- 3) You quit something that doesn't make a _____ to do something that does.
- 4) You quit something that's not your _____ to do something that is.

Point #3: Sweep out _____ goals.

1 Corinthians 9:24: "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize."

Let go of out-dated goals: P.L.A.N.A.H.E.A.D!

P _____ your objectives

L _____ out your goals

A _____ your priorities

N _____ key people in your life

A _____ time for acceptance

H _____ forward towards action

E _____ problems.

A _____ point to the successes

D _____ review your progress.

Point #4: What has the greatest _____?

1 Corinthians 9:25: "Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever."

"Look at your to-do list and ask what each thing will get you. Sometimes what we really want is something totally different from what we thought, something bigger and more important than the little things we're wasting lot of energy on." Christine Thomas

"Think about things you want to remove from or add to your life to enhance your energy and joy and decrease the drain." Jessica Heinz

Point #5: Learn how to say " _____ ".

James 5:12: "Above all, my brothers, do not swear—not by heaven or by earth or by anything else. Let your "Yes" be yes, and your "No," no, or you will be condemned."

Stop being a people-pleaser. If you always say yes when you'd rather say no, you'd find yourself unhappily going through the motions of living, giving control of your time, energy and spirit to anyone who ask for it.

How to say "No"

1) You _____ do everything.

2) You _____ do everything.

3) Ask the _____ & values _____.

Point #6: Begin by making the right choices.

- 1) _____ - Choose and display the right attitudes daily. (Phil. 2:1-8)
- 2) _____ - Determine and act on important priorities daily. (Matt. 6:33)
- 3) _____ - Know and follow healthy guidelines daily.
- 4) _____ - Communicate with and care for my family daily. (Eph. 5:25-33, Acts 2:42-47)
- 5) _____ - Practice and develop good thinking daily. (Phil. 4:8)
- 6) _____ - Deepen and live out my faith daily. (Prov.3: 5-6)

Point #7: Keep a _____.

- Look at your life as a series of choices instead of _____.

Final Thoughts:

Don't let 2009 get ahead of you. Get a _____ on the New Year before procrastination stalls your engine.

"14 Ways to Get a Jump-Start on the New Year"

Today's Message: "7 Ways to Kick Procrastination Out of Your Life"

A mini-series by Associate Pastor Josh Gonzales
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Introduction:

Procrastination is _____ challenge.

Procrastination Probable's

- 1) Things I _____ like to do.
- 2) Things I don't do _____.
- 3) Things that probably _____ turn out _____.

Focusing on the Bigger Picture

Philippians 3:13-14: "Forgetting what is behind and straining forward to what lies ahead, I press on towards the goal for which God has called me heavenwards in Christ Jesus."

Point #1: Remember the two V's: _____ and _____.

Proverbs 29:18: "Where there is no revelation, the people cast off restraint; 18 but blessed is he who keeps the law."

- **Values:** What I _____ for myself.
- **Vision:** What I _____ myself doing.

What are the two V's in my life right now?

What do I see myself in the future doing and what do I want to value?