

## The ONE THING Challenge

We enter into a New Year - a time when just about everybody and their brother make a New Year's Resolution. Maybe this will be the year I exercise regularly or lose weight. Maybe this will be the year I consistently read the Bible or pray each day. Maybe this year I get organized or save money or quit smoking or cut down on sugar. Maybe this year....

And about week three or four, we are discouraged. Ever consider the steps to discouragement?

*Step 1 - I need to change*

*Step 2 - I want to change*

*Step 3 - I commit to change (New Year's Resolution)*

*Step 4 - I try to change*

*Step 5 - I meet resistance to change*

*Step 6 - I stop changing and go back to what I was doing before*

*Step 7 - I feel discouraged because I didn't change and I've given up...until I start the cycle all over again.*

Sound familiar? It does to me...

So, do we just give up? Of course not.

God created us for abundant living. God gives us the power to change! God never intends that we live a mediocre life or stay stuck in a defeating habit. God created us that we may have life and have it abundantly!

*You never climb a mountain on accident.  
It has to be intentional - Mark Udall*

Before you set out on your New Year's Resolution, consider the following..

1. **Be intentional.** Many people have good intentions but few live intentionally. Make sure your desire to change moves from good intentions to living it out intentionally. In other words - have a plan both for how to start and how to adapt when you meet resistance (Step 5 above).
2. **Decide your One Thing.** Not Ten Things but One Thing that you want to change. What One Thing is most important to you? What One Thing would bring you closer to that abundance God wants for you?

If you want to lose weight, pick one thing that will set you forward in reaching that desire. Don't make it too complicated. Just imagine if you had victory in one small thing? It will be one small thing that builds confidence to move to the next One Thing. Here are examples of a One Thing -

- Every day this month I choose to speak one word of encouragement into my spouse's life (In a year, you have spoken 365 words of encouragement - many don't get that in a lifetime of marriage)
- For the next 31 days, I will read a Proverb a day (There are 31 Proverbs!)
- At breakfast, I will daily journal my worries into prayers for the next 30 days

- I will not use a credit card for the next 30 days
  - For the month of January, I will eliminate 200 unnecessary calories per day from my diet (this simple step results in eliminating 73,000 calories per year (approximately 20 pounds).
  - Today, I choose to tithe. I will tithe \$ \_\_\_\_\_ each Sunday this month
  - I will walk 10 minutes before lunch or dinner 15 times this month.
3. **Know Your Why.** Why is this One Thing important to you? What negative impacts does this habit have in your life? What are the positive differences this One Thing will make in your life? Those who know their 'why' are much more likely to overcome resistance.
  4. **Make a plan.** If your One Thing is to walk 10 minutes, plan when and where and with whom you will do it each day.
  5. **Plan for resistance.** What obstacles will you face? These obstacles may include stinkin' thinking (I'll never be able to change), or naysayers (those who tell you you'll never change). Resistance may come in the form of changes in schedule, fatigue or sickness. Anticipate potential obstacles and plan for them.
  6. **Keep Track.** Use a calendar or a sticky note on the bathroom mirror to check off each day you complete your One Thing.
  7. **Tell Someone.** Tell another of your One Thing and give them permission to regularly ask you about it. You may also give them a specific way they can encourage you.
  8. **Fortify Your Mind and Your Will.** Give thanks each day for God's love for you, His strength through His Holy Spirit, and His delight in giving you victory. In fact, look in the mirror each morning and say it out loud. It will set your mind and your will for the coming day.
  9. **Never Give Up.** If you experience a setback, evaluate the reason, gain wisdom, adjust your plan and pick up again. There are no failures - but rather insights, wisdom, and redos.

Doing One Thing to improve your life is going to take work. There will be resistance. Your why reminds you of the importance in not giving up. As a close friend said, "It is hard but you can do hard things!"

Take time this New Year and decide on the One Thing that will give you life. Complete the form below and post it somewhere. Know your why, make a plan, and be ready to meet resistance. Fortify your mind. Tell a spouse or a friend. Keep striving. Abundance awaits! We strive with you. We Are Better Together.

<p>My One Thing</p> <p>My Why</p> <p>My potential hurdles</p> <p>My plan when facing hurdles</p> <p>Who I will tell</p>	<p>At the end of the month, bring in the attached card and you will be entered into a drawing for two \$10 gift certificates to the Shelby Bakery!</p>
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## I Participated in The ONE THING Challenge

My One Thing was..

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I learned..

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_