

Patterns and Habits Part 2 of 3

Where to Begin

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Much of what you normally do isn't a result of conscious choices but a result of daily habits.

Our life is the sum total of all the small decisions that we make.

Goals don't determine success.

Systems determine success.

Successful people do consistently what other people do occasionally.

Daniel 6:3 NIV

Success breeds jealousy.

Daniel 6:4 NIV

Daniel 6:10 NIV

Based on who you want to become, what one habit do you need to start?

- Want to be a someone who cares—One note of appreciation a day.
- Want to be a person that's organized—Make your bed first thing.
- Want to be a godly example to your teen—Bible plan together.
- Want to be a person that's focused—Start day w/list three priorities.
- Want to be a person who is healthier—Eliminate soft drinks.

HOW TO CREATE A NEW HABIT

1. Make it obvious.

If you want to change what you do—Change what you see.

2. Make it easy.

Many people think they lack motivation. What they really lack is a system.

Are goals completely useless? Of course not.

Goals are good for setting a direction, but systems are best making progress.

- I will do [_____] after I [_____].

Zech 4:10 NLT

I'm not successful when I hit my goal somewhere in the future!

I'm successful when I've honored God today.