

PERSONAL

DISCIPLINES

WORKSHEET

ROBHOSKINS

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God calls us to a holy life, filled with daily disciplines that bring honor and glory to Him. Titus 2:7 reminds us that others are always watching what we do. So, “In everything set them an example by doing what is good.” Whether you’re replacing a bad habit with a good one, or adding a new stretch goal, this worksheet will help track your progress.

1. SET A GOAL

You are 42 times more likely to achieve your goals when you put them in writing. Share your goals below:

2. TELL SOMEONE

You have a 65 percent chance of completing a goal if you share it with others- so be specific. When and how will you tell them? Grab coffee? Send a text? Share on social media? Share your plan below:

“...you can treat the symptoms or you can treat the cause. Most people dabble in symptom management, and that is why most people don’t seem to be getting better.”

- John Eldredge, *Walking with God: Talk to Him. Hear from Him. Really.*

3. REMAIN ACCOUNTABLE

You can share your goals in an instant, but you need someone in your corner for the long term. When you have a specific accountability person, your chance of success increases by up to 95 percent! Who will be your accountability partner to see this goal through with you?

4. TRACK YOUR PROGRESS

It takes at least 18 days to develop a new habit. It takes 66 days for a new behavior to become automatic.

Develop a new habit

Check off each day you practice your discipline

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Establish an automatic behavior

Check off each day you practice your discipline

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