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SEASONS OF SINGLENESS

8 WAYS TO KEEP FROM REPEATING THE SAME CYCLE OVER AND OVER

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and
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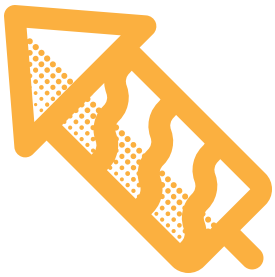
Happy New Year! Or is it? Every year, we always say "New year, new beginning!" This is the time of year that we want to start fresh and make new year's resolutions in hopes of completing them by the end of the year. However, some of us, ultimately, fail in continuing those resolutions (most times) by the second week of January!



We wanted to share a few tips with our single and married sisters that may help you to achieve your goal(s):

1. PRAY ABOUT IT. Instead of just pulling some "good" goals out of the air, why not ask God what goals you should pursue this year. Proverbs 3:6 says "In all thy ways acknowledge him, and he shall direct thy paths." Life is so much easier when you let God direct your steps.

2. WRITE THE VISION. When you write your goals down you have a greater chance of achieving them. The Bible even encourages us to "Write the vision; make it plain on tablets, so he may run who reads it." Habakkuk 2:2 ESV.

3. SHARE WITH AN ACCOUNTABILITY PARTNER. Find someone who shares a common goal with you and consider working together holding each other accountable for achieving your goals.

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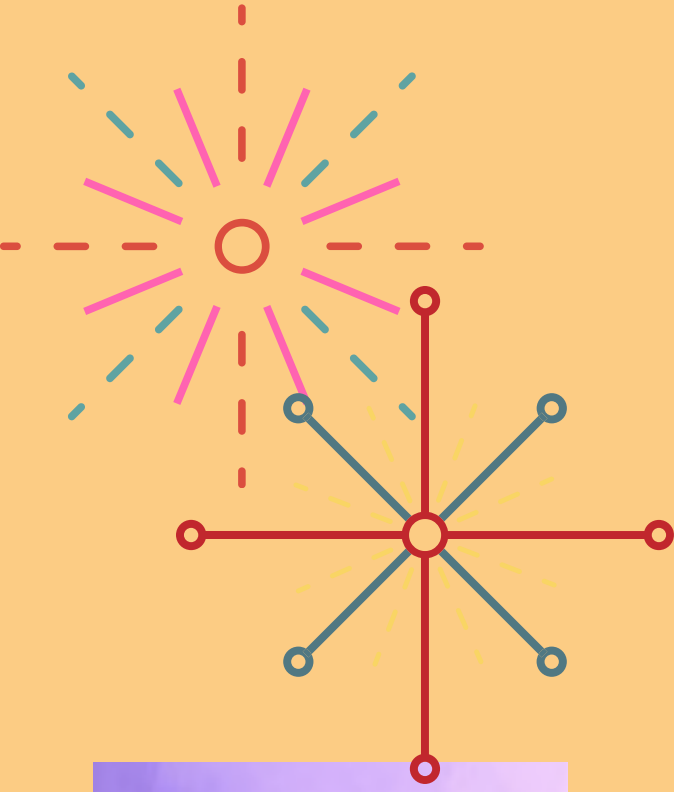

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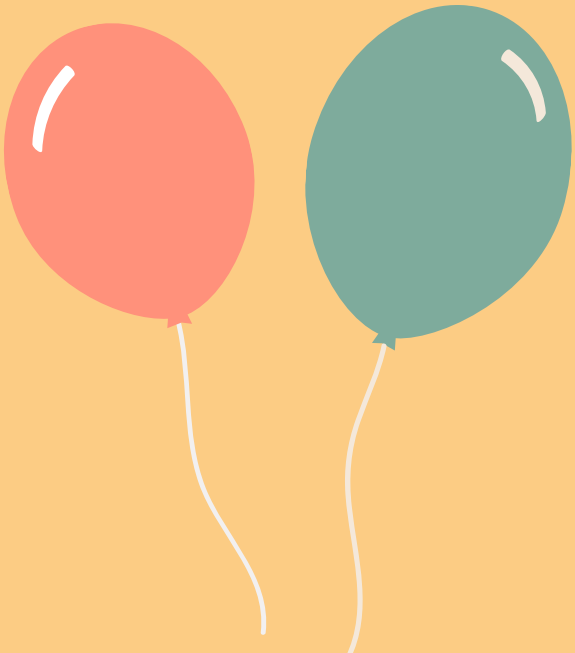
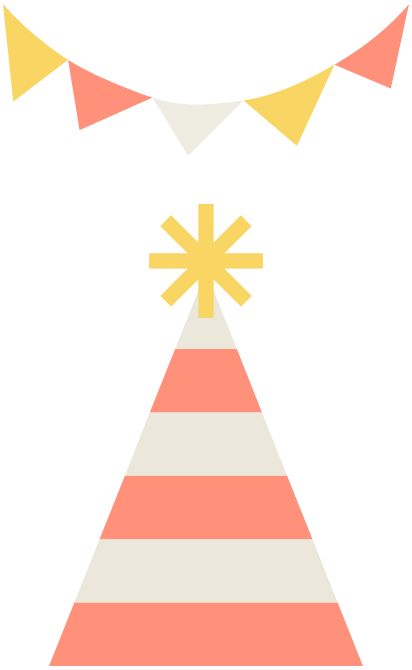
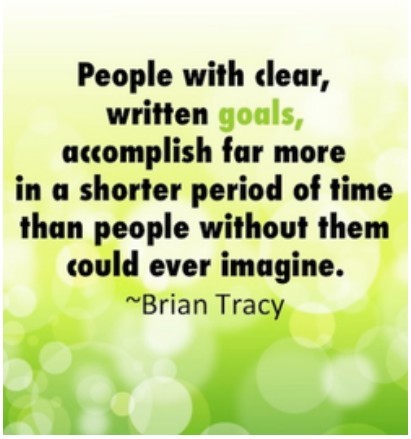


4. CHECK IN PERIODICALLY. Maybe this one goes without saying, but just for the record... Be sure to check in with your accountability partner and discuss your progress. Most importantly, check in with yourself. Make an honest effort to stay on point.



5. STICK TO IT! DON'T GIVE UP! If you mess up, start over again. If you get off track, keep going. Adjust your goals if needed. The main thing is to make sure you're making SOME progress. Giving up only guarantees that you'll make NO progress at all.

6. DO NOT BEAT YOURSELF UP IF YOU DO NOT REACH YOUR GOAL(S). If we are truly honest with ourselves, WE are our own worst enemy! As hard as it may be, don't be so hard on yourself if you don't accomplish your goals. Give yourself a break! Don't forget to celebrate your successes as well, no matter how small. Take it one day at a time.



7. RE-WRITE YOUR VISION (IF NECESSARY). If the plans/goals that you have set are not working for you, create an alternative plan that will give you the best results. For example, if going to the gym doesn't work with your hectic schedule, jog around the block or two before and after work each day. Re-create plans that are not only realistic, but obtainable!

8. LOVE YOURSELF IN THE PROCESS - NO MATTER WHAT! Learn how to love yourself through your process - no matter what! You may stumble, you may get frustrated with yourself, you may even cry out to God! But the most important things are that God loves YOU, to love YOU for YOU and don't give up on YOU!