

Practical Steps for Resolutions

- 1) Specific and Measurable-** Ask God to show you what specific and measurable goals you can make.
- 2) Write It Down-** Write down your resolutions and put them in a place where you will see them regularly.
- 3) Tell Someone-** Share your resolutions with someone, and ask them to monitor your progress on a regular basis- daily, weekly, monthly.
- 4) Ask God for Help-** Ask God for His enabling power to help you.
- 5) Press On-** Don't give up. Keep struggling, striving, and suffering. Don't be discouraged by short-term failure, but keep at it until you see change taking place. If you need to revise your resolutions, then do so, but don't abandon the process.

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