



## Creating Your Vision [SoulisticWell-Being.com](http://SoulisticWell-Being.com)

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"The plans of the diligent lead to profit as surely as haste leads to poverty." ~ Proverbs 21:5 NIV

"Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty." Proverbs 21:5 NLT

"Failing to plan, is planning to fail." ~ Benjamin Franklin

So you're ready to start your journey? You are ready to create a new healthy habit or change something about your life. Congratulations! Now, ask yourself..."What's the me I want to be look like?"

Before you can truly start, do you know what you want? Do you know how long it will take you to reach your goal? Your life changes will begin to come to fruition only when you are clear on what you want. Writing down your vision sends out a clear message to yourself and the world about who you are and what you are capable of completing. Then start setting small goals to achieve the new outcome.

As you write down your goals, you will begin to align your will with your heavenly Father's. To become crystal clear on your goals, they must be specific; measurable; attainable or action based; realistic & rewarding; and time-constrained or based (S.M.A.R.T.).

It's highly likely that you've set goals many times before and have had limited levels of success. So why will it be different this time? Read the story of Nehemiah and apply his success principles to your new habit/goal.

We learn in the book of Nehemiah that he had an 'impossible' goal, to rebuild the wall of Jerusalem. He was in a cushy job over 900 miles away, without building experience - yet God called him to accomplish this goal. Through constant prayer combined with preparation and planning, he was able to make the impossible possible. Our response needs to be as Nehemiah's was when we are confronted with an overwhelming goal.

Before attempting to do anything, Nehemiah "mourned, fasted, and prayed to the God of heaven" (Neh. 1:4b). In fact, we read that he prayed spontaneously at least eight times. He had a clear and specific goal with clear timelines.

Today, I again challenge you to record exactly what that vision of you is. What do you want to change and be? What do you want to accomplish? Write out your plan in as much detail as you can. Find Bible verses to back it up and draw from God's strength like Nehemiah did.

Then, pray for God's help and blessing with your goals. Something like this..."Thank You God for giving me the wisdom to set realistic goals that glorify You. I submit my SMART goals and plans to You and trust You to show me the way to bring my goals into alignment with Your will and purpose for my life. I declare that I want to be the best version of me and submit to Your Will. I can do all things through Christ who strengthens me and I am victorious in the name of Jesus! AMEN!"

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For help setting up your Soulistic Well-Being Vision, creating a plan or setting SMART goals - [contact me](#) for your initial health coaching session today! I'd love to help you on your journey to your best self.