



WHY WE FAIL AT BUILDING HABITS OR ACHIEVING GOALS

In this video, Nathan and Lacey reveal the three biggest reasons your New Year's resolution (building a new habit or achieving a specific goal) will probably fail. They also explain how to make the necessary changes to make sure you succeed in building a healthy, simple, and achievable habit.

INTRODUCTION (00:00)

We all want to improve ourselves. Often, we choose the beginning of a new year to begin something we have been wanting to do. Unfortunately, we also typically fail after a few attempts at starting this new resolution.

1. *What is one of your past failed habits or goals?*
2. *Why do you think you failed at building this habit or achieving this goal?*

REASON #1: IT ISN'T HEALTHY (01:15)

Unhealthy goals often come from unhealthy views of ourselves. Our God-given identity is intrinsic. A healthy goal or habit will re-enforce this identity rather than trying to earn or achieve it.

3. *What is your purpose in building this new habit or achieving this goal?*
4. *How can this habit or goal connect you with others or encourage your identity?*

REASON #2: IT ISN'T SIMPLE (03:22)

Failing to achieve our goals is often an issue of them being too complicated or unclear. A simple goal or habit is one that has easily identifiable steps that lead to a clear objective.

5. *Working backward from your objective, what steps do you need to take to accomplish your goal?*

REASON #3: IT ISN'T ACHIEVABLE (05:00)

We tend to over-think our goals because we want to do more (or be more) than what we are capable of. We fail to achieve our goal and become disappointed with ourselves. An achievable goal or habit is one that is broken down into easily achievable steps with clear reward.

6. *What is a simple reward you can have to reinforce the habit and motivate you to keep going?*
7. *What is something you have done in the past to help you build new habits or achieve a goal you set?*

ACTIVATION (06:41)

We highly recommend you get *The Cultivate Journal* to help you develop healthy, simple goals that you will be able to achieve. You can purchase this journal at: www.CultivateRelationships.com/Resources

- Ask the Holy Spirit to give you ONE habit/goal He desires for you to accomplish.
- Ask Him to give you an encouraging word over your life as to why this habit or goal is important and achievable.
- Ask Him to give you the first step in accomplishing this habit or goal.
- As you fulfill the step the Holy Spirit asks you to take, continue asking Him for the next step until the ultimate habit or goal is achieved.