Hep C Healthy Highlights Session 2: Prioritizing Goals

April 6, 2016 By Connie M. Welch

Welcome to Hep C Healthy Highlights Session 2. If you desire to be healthy in every area of your life, it takes a plan with a purpose. Benjamin Franklin once quoted, “If you fail to plan, you are planning to fail.” If you want to set yourself up for success toward better health, it all begins with planning with a purpose, in other words, put action steps on our goals, with prioritizing.

From Session 1 we discussed how to make a SMART goal, do you have some SMART goals listed? What’s the next step? We need a smart plan to prioritize our goals.

Imagine if I started a road trip from Texas to Canada without preparing for the trip, the trip would require gas in my truck, check the tires, oil, etc… pack clothes, food or whatever is needed for the trip, let’s not forget money, the cell phone, and a good GPS system. Oops, don’t forget the coat! Plan out how far I’m going to drive in a day, where to stay for the night, etc.. You get the drift. It takes a smart plan to get where you want to be.

In order to make our goals take action, a smart goal needs a smart plan.

Last week we talked about the importance of setting a goal and how to make that goal a SMART goal. I heard from many of you. Some of you shared goals you’ve wanted to achieve for a long time. Some folks have lots of goals and paring it down to a priority is a challenge itself.

Let’s unpack that. Many of us share lots of interests, and if you’re like me I can make a long list of goals. So how do you know what goals to work on first and avoid overload. Last week from Session 1 I asked you to do some prep work, did you do it? If you need to glance back for a review go ahead.

I would suggest you copy the Prep Work notes (see Session 1) and display where you’ll see them during your day. Step 1 in “4 Steps to Achieving the Goal” is, Prepare Prayerfully. Please don’t skip this step. Take the time for a quite moment before God and ask Him to show you the area’s in your life you need to work on.

“Many are the plans in man’s heart, but it is the Lord’s purpose that prevails.” Proverbs 19: 21Open in Logos Bible Software (if available)

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” Jeremiah 33:3Open in Logos Bible Software (if available)

“Commit to the Lord whatever you do, and your plans will succeed.” Proverbs 16:3Open in Logos Bible Software (if available)

Sit down with a pen in hand and pray. You may want to use these scriptures or others in prayer. Think of goals you’d like to achieve, are they in line with God’s word and will for your life? Keep this in mind when setting your goals. Having God’s blessing and help for your goal is huge. He can help you accomplish what you could never do on your own.

There can be many goals we’d like to work on, but what keeps bubbling to the top. There may be 1 to 3 that are waving their hand, needing your immediate attention. If so, then pray about these areas. Does God want you to lose weight and be in better physical condition? Does He want you out of debt? Do you desire to use your gifts and talents? God’s word talks about the importance of being good stewards to what He has given us. Our goals can range in variety. Many goals are worthy to work on...To read the rest of Hep C Healthy Highlights Session 2: Prioritizing Goals, click here.

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