

## DO – Intentional Surroundings

Why resist temptation tomorrow if you can eliminate it today.

The research on willpower explains human behavior, but only on the surface level — the *effects*. The very fact that willpower is required comes from two more fundamental sources — the *causes*:

1. You don't know what you want, and are thus internally conflicted.
2. You haven't committed to something and created conditions that facilitate your commitment.

Who do I want to be? What new habit is God leading me to focus on? \_\_\_\_\_

After you decide what you want, the decision is made. Thus, all future decisions regarding that matter have also been made. No questions. So, are you serious about who you want to become, the habit you are taking on? Or are you just talking? Are you still on the fence? Until you whole-heartedly decide, you'll be required to use willpower, and will continue making minimal progress.

Check one that applies to your life:

- Yes, I have decided this is who God is calling me to be.
- No, I'm still wanting to hold onto my old self. I'm not ready to change.

If you selected "Yes" then the decision is made. Thus, all future choices regarding the matter have also been made. Your environment, however, is more powerful than your internal resolve. As a human-being, you always take on the form of the environments you continually place yourself. Consequently, the best use of your choices is consciously designing environments that facilitate your commitments.

Consider these five triggers that are potential stumbling blocks and what decision you need to make today to avoid tomorrow's temptation.

1. **Place** – What place leads to a bad habit or is a stumbling block? What will you do to avoid this place or change the environment to remove the temptation?
2. **Time** – Is there a time of day you're more vulnerable (after work, late at night, weekends)? What decision do you need to make today that will keep you accountable during these vulnerable times?
3. **Mood** – What moods make you vulnerable? Create a plan for success for each mood so when you feel it you already know what to do to not fall into temptation. Four moods that should cause you to HALT so you can make positive decisions: Hungry, Angry, Lonely, and Tired.
4. **Moment** – What events or situations in life lead you to responding with poor actions? How can you avoid these moments or decide in advance a fruitful response to them.
5. **People** – Who in your life is a negative influence. What will you do to avoid them or set healthy boundaries to the relationship?

Look down the road of your life a few years and answer these questions:

- Where could I end up if I don't avoid the stumbling blocks and negative environments?
- Who could I become if I take on healthy daily habits?

Describe your best-self one year from now.

Now make it happen! Your future self will thank you for it!!

## Living with Intention Checklist

Orient yourself toward your highest goals and priorities by establishing a morning and night routine. Here is a general checklist. Modify as needed to bring about your greatest growth forward.

### Morning

- Wake up when your alarm first goes off. Do not snooze.
- Do not turn to your phone or a screen first thing. Go at least 30 minutes, preferably 60, before getting on your phone. Only use your phone if needed for the following steps in your routine.
- Drink a full glass of water.
- Spend 2-10 minutes in prayer/meditation/devotion.
- Spend 5-10 minutes stretching.
- Spend 15-45 minutes in intensive physical fitness.
- Shower / Dress
- Spend 5-10 minutes filling out your WAG
  - **Wins** – Three “wins” I will accomplish today.
  - **Appreciation** – Two people I will appreciate today.
  - **Generous** – One way I will add value to someone’s life or one way I will show God’s love to another.
- Set your mental and emotional focus on how you hope to be throughout the day.

### Night

- Don’t look at any electronic screens 45-60 minutes before going to bed.
- Go to bed 7-8 hours before you intend to wake up.
- Pick out tomorrow’s outfit.
- Spend 2-5 minutes stretching.
- Spend 5-10 minutes on the bedtime version of WAG.
  - **Wins** - Celebrate three wins!
  - **Appreciation** - Give thanks for two people in your life.
  - **Gratitude** - Spend one minute listing things your are grateful for.
- Spend 2-10 minutes in prayer/meditation/devotion.
- Set your alarm. Place across room if you have a tendency to press the snooze button.