

ROAD RULES

**HOW TO GET FROM WHERE YOU ARE TO WHERE
YOU WANT TO BE IN THE 7 JOURNEYS OF LIFE.**

SPIRITUAL - MENTAL - PHYSICAL - SEXUAL - FINANCIAL - RELATIONAL - PROFESSIONAL

1. Your direction determines your destination.

How to follow the map and make corrections as needed.

**2. Choose your playlist wisely,
because it changes who you are.**

How to guard your mind by guarding your ears.

**3. Pay attention to the dashboard,
because it shows you what needs attention.**

How to notice the warning lights and fix the problem.

**4. You'll never get where you're going
if you run out of gas.**

How to refresh and refuel on a regular basis.

**5. Keep your eyes on the road,
or you'll end up in the ditch.**

How to break the cycle of temptation, condemnation, & isolation.

**6. Guardrails are for your protection
not your restriction.**

How to create healthy boundaries and habits.

7. The journey will be better if we do it together.

How to enjoy the journey with your family and friends.

3 Things You Gotta Know...

If you wanna GET where you wanna GO.

1. You gotta know where you ARE.

Psalm 139

²³ Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

*If you can't be honest with YOURSELF
you'll never be honest with OTHERS.*

Where are you?

Check where you are on a 1-5 scale . . . BE HONEST.

	1 Terrible	2 Rough	3 OK	4 Good	5 Great
Spiritual					
Mental					
Physical					
Sexual					
Financial					
Relational					
Professional					

2. You gotta know where you're GOING.

Psalm 5

⁸ Lead me in the right path, O Lord...
Make your way plain for me to follow.

Psalm 32

⁸ The Lord says, "I will guide you along
the best pathway for your life."

*If you don't know where you're GOING
you'll never know if you're going the RIGHT way.*

Where are you going?

Write a ONE SENTENCE goal of where you'd like to be in each area.

Spiritual	
Mental	
Physical	
Sexual	
Financial	
Relational	
Professional	

3. You gotta know HOW to get there.

Proverbs 23

¹² Commit yourself to instruction; listen carefully to the words of knowledge. ¹⁹ My child, listen and be wise: keep your heart on the right course. ²³ Get the truth and never sell it; also get wisdom, discipline, and good judgment.

*Everybody ends up SOMEWHERE in life, but
not everybody ends up where they WANT to be.*

How are you going to get there?

1. Set a GOAL.

- **S** - specific
- **M** - measurable
- **A** - actionable
- **R** - realistic
- **T** - time-sensitive

2. Set a DATE.

- When are you going to start?
- When are you going to finish?
- How often are you going to do it?

3. Know your WHY.

- Why does this goal matter?
- Who will be hurt if you don't achieve the goal?
- Who will be helped if you do achieve the goal?

4. Create a PLAN.

- Make a To-Do list.
- Make a To-Don't list.
- Make a To-Day list.

5. Get a PARTNER.

- The journey will be better if we do it together.

CHOOSE ONE OF THE 7 JOURNEYS:☐ SPIRITUAL☐ MENTAL☐ PHYSICAL☐ SEXUAL☐ FINANCIAL☐ RELATIONAL☐ PROFESSIONAL**WHAT**

Set a goal.

WHEN

Set a date.

Start: _____ Finish: _____

Or Frequency: _____

WHY

Know your why.

HOW

Create a plan.

WHO

Get a partner.

TO-DO LIST**TO-DON'T LIST****TO-DAY LIST**

HABIT TRACKER: _____

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							