

BE WILLING TO BE REAL

**MAKE
A LIFE**

Getting started is one of the hardest parts of a new adventure. Often when we talk about starting something new, we immediately recall the first time we went for it.

But what about the night before or the moment when it all started? The guts to even consider change is just as hard as the first day. We are fans of biblical principles at Make A Life. For example, the moment you are in right now is what we would call a 'mustard seed' moment. There is a parable in which Jesus told his followers about faith using a mustard seed as an example. If you haven't seen a mustard seed before, it's really small. Imagine if this tiny seed could develop into a massive tree and create something with hundreds of uses. That is where you are a mustard's seed moment with unlimited potential.

We've all been in that moment, staring at the small seed of an idea in our hands. Can it really yield a life of purpose and meaning? At this moment, it's important to get real and be honest about your dreams and desires.

So, let's write down a few things by reflecting on this moment, considering what we can accomplish with this tiny but strong mustard seed if we have the faith to believe.

What Are You Most Grateful for in Your Life Right Now?

What Makes You Most Excited About the Possibility of Making a Life?

DREAM

Draw, sketch, or write out your ideal future.

What would it look like if you had the ability to choose your career and how to spend your time?

DESIRE

Get specific! Give at least ten reasons why this life is so compelling to you.

What Is Holding You Back From Your Dream and Desires?

Use headlines, phrases, or words. Put everything on the table! Don't hold back!

Take some time and reflect on these fears. Number them, starting with the biggest thing holding you back to the final headline in the list. Write the top three below. This is the beginning of your challenges worth solving list.

CHALLENGES WORTH SOLVING

1.

2.

3.

The problem with taking a leap of faith is that people often assume you are doing it alone. However, the most successful people, in our opinion, use their network to motivate themselves to do courageous things in their lives. In Curt's book, he told stories about the people God sent into his life. They to helped him and Lori stay accountable to the lives they wanted.

Who Can You Invite Into This Moment for Accountability and Discernment?

Make a Commitment

When will you commit time to take the next step in this course? If you want to know what people value, look at their calendars. We make out time for the things that matter. Each lesson in this course should only take 30-60 minutes of your time. Is that investment worth it to create a plan for achieving your dreams?

Do Something With Your Challenges Worth Solving List

Take these challenges and make them visible. Goals that never see the light are rarely achieved. So, take your list and turn it into motivation. Create a small poster for your bathroom mirror, write your list on a notecard and place it on your desk, or put them on a bookmark for your daily planner. In order to achieve success, you must see these challenges daily as an inspiration to take action and create the life you desire. Share them with you spouse, mentor, or support team.

Generate a List of Champions

As we previously mentioned, you are not alone. There are people in your life who will support your efforts and be among the first to spread the ideas covered in this course. These people are the champions who were invited to join us in the game. Maybe they would be willing to take this course with you and be a friend to process with? Maybe they will be a partner in the work or vehicle you choose to pursue your dreams and desires. Start by creating a list of people who can help champion your progress in making a life, not just a living. Share them with you spouse, mentor, or support team.