



STEP TWO: APPLYING BASIC PRINCIPLES OF BOUNDARIES

Worksheet: My step-by-step process
to make boundaries that work

Write down the five goals you made from the last lesson:

Now, are you able to do all of these things right now? Maybe not. But I guarantee that there is an action you could take that would move you toward your goal. Take some time and write down five actions to do with each goal.

Awesome! Now, let's make them very specific. Remember these six tips we discussed in the video when writing out your goals:

1. Make sure you're defaulting success.
2. Set limitations around all of your goals.
3. Be as specific as possible by including a TIME, DAY and PLACE.

What are some obstacles you predict could deter you from your goal?

Can you think of some creative solutions? What can you do to help to keep you on track?

Remember, all goals have obstacles. Things come up and even the best laid plans don't always work. It doesn't mean there isn't a way to get around the obstacle. In my Bible study, **The Be Still Series** there is a lesson called, **"The Mountain is only as Big as You Make It"**.

Remember, God is always bigger than your problems (no matter how big they look!).

"But Jesus was matter-of-fact: 'Yes—and if you embrace this kingdom life and don't doubt God, you'll not only do minor feats like I did to the fig tree, but also triumph over huge obstacles. This mountain, for instance, you'll tell, 'Go jump in the lake,' and it will jump. Absolutely everything, ranging from small to large, as you make it a part of your believing prayer, gets included as you lay hold of God.'"

-Matthew 21:21-22 (MSG)