



Coffee Tea

CONVERSATION

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"The more time you spend contemplating what you should have done... you lose valuable time planning what you can and will do." — *Lil Wayne, rapper*

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About Me

As pastor at **Mars Hill Baptist Church of Chicago**, I am passionate about helping people connect life's dots so they can live abundantly. I thrive on assisting people, leaders, pastors, and those in ministry think through life, leadership, goals, and strategy.

My speciality is organizational and personal leadership, so in addition to my role as a pastor, as I have time, I consult with business, church, and ministry leaders.

Introduction



During Jesus time, wells were often at the center of the community, which made it a very convenient place for public gatherings.

They served as a place to get water, socialize with others, have public meetings, listen to new ideas, hear the latest news, make public announcements, attract a crowd, serve needs, watch people and listen to prophets.

Since all people needed water, the well served as a life source for the entire town. John 4:1-42 provides a narrative of Jesus' dealings with a Samaritan woman at a well.

The woman came to the well to get water for her household, but in reality she was given the true "water of life" from Jesus.

Today, gathering online can be considered the modern day well. Grab some coffee, tea, or water and join the conversation.

A person with glasses is smiling and holding a white coffee cup with a latte art design. The background is a solid blue color.

*"A goal is not always
meant to be reached, it
often serves simply as
something to aim at."*

Bruce Lee

It's Your Time!

Everything that has happened prepared you for a comeback.

Comebacks may be exceedingly rare, but good years aren't. Start off well and your odds of reaching your goals for the year skyrocket.

Clarence E. Stowers, Jr.

Friend, Coach, Pastor

There's nothing particularly spiritual about 100 days. This workbook could've focused on your first 99 days or your first 101 days. But 100 days is a remarkably round number.

Presidents have used the figure to set their opening agendas. It's also just enough time to allow you to make some significant headway into the year.

So what do you do in the first 100 days that'll transform your year? Here are your top four priorities for the first part of next year:

- **Get away:** Spend time with your family.
- **Evaluate:** Take a hard look at your last year.
- **Plan:** Decide what's important this year.
- **Do:** Make the most of what's on your calendar for the first 100 days.

You could be standing on the precipice of the most significant year of your life.

Start strong. You've got this.



*Fix the life
you have;
build the one
you dream.*

1. Carve Out Time For You & Family

How do you start off your family time right in the coming year? Here are a few ideas.

Commit to weekly date nights with your spouse.

Find a babysitter. Get away one night every other week. Make it a habit in January, February, and March, and you'll have it down for the year—and beyond.

Rest a day weekly.

The first few months of the year will likely be slower than the season you just exited. Take advantage of the extra time by developing a Sabbath habit—taking at least one day of every week completely off of work.

Carve Out Time For You & Family

How do you start off your family time right in the coming year? Here are a few ideas.

Spend extra one-on-one time with each of your children

Try to spend at least an hour one-on-one with each of your kids each month.

Make your commitment to your family crystal clear by creating a contract that spells out your plans to honor them this month and beyond.

No matter how many years you've been on the job or owned your business, life goes on with or without you. You'll always have your family. Don't take them for granted.

My Family Commitment

Other than my relationship with God, my relationship with my family matters more than anything else. I, _____, make the following one-month commitments before God:

- I will go on a date with my spouse every other week. During that time, I'll put away all electronic devices and devote my full attention to our relationship.
- I will read one book designed to help me grow in my relationship with my spouse and/or children.
- I will spend at least one hour alone with each of my children during this month.
- I will spend at least four nights a week at home with my family each week.
- I will organize one fun activity for my family to do together every week.

Me:

Spouse:

Children:



Opportunities of a lifetime, must be seized within the lifetime of the opportunity.

2. Take A Look Back

You've likely had someone—a parent, a coach, a teacher—tell you, “Never look back.” That person probably had great intentions. He or she likely loved you very much. But that person was wrong—at least with the “never” part. Here are 5 questions to get you started.

What unconfessed sin stood between me and the year God wanted me to have?

The Bible is crystal clear about this. Sin comes hard after all of us (Rom. 3:23).

Reflect & Write:

What did I do well last year?

No matter what last year was like for you, you did some things well—probably very well.

Reflect & Write:

Take A Look Back

You've likely had someone—a parent, a coach, a teacher—tell you, "Never look back." That person probably had great intentions. He or she likely loved you very much. But that person was wrong—at least with the "never" part. Here are 5 questions to get you started.

What areas in life did I struggle with last year?

Take a look at your weaknesses and ask yourself if you can strengthen those areas.

Reflect & Write:

What relationships - in my church, in my family, on my job, in my business, and in my community seemed to suffer through the most strain last year?

No matter what last year was like for you, you did some things well—probably very well.

Reflect & Write:

Take A Look Back

You've likely had someone—a parent, a coach, a teacher—tell you, “Never look back.” That person probably had great intentions. He or she likely loved you very much. But that person was wrong—at least with the “never” part. Here are 5 questions to get you started.

What additional training would make me more effective in life?

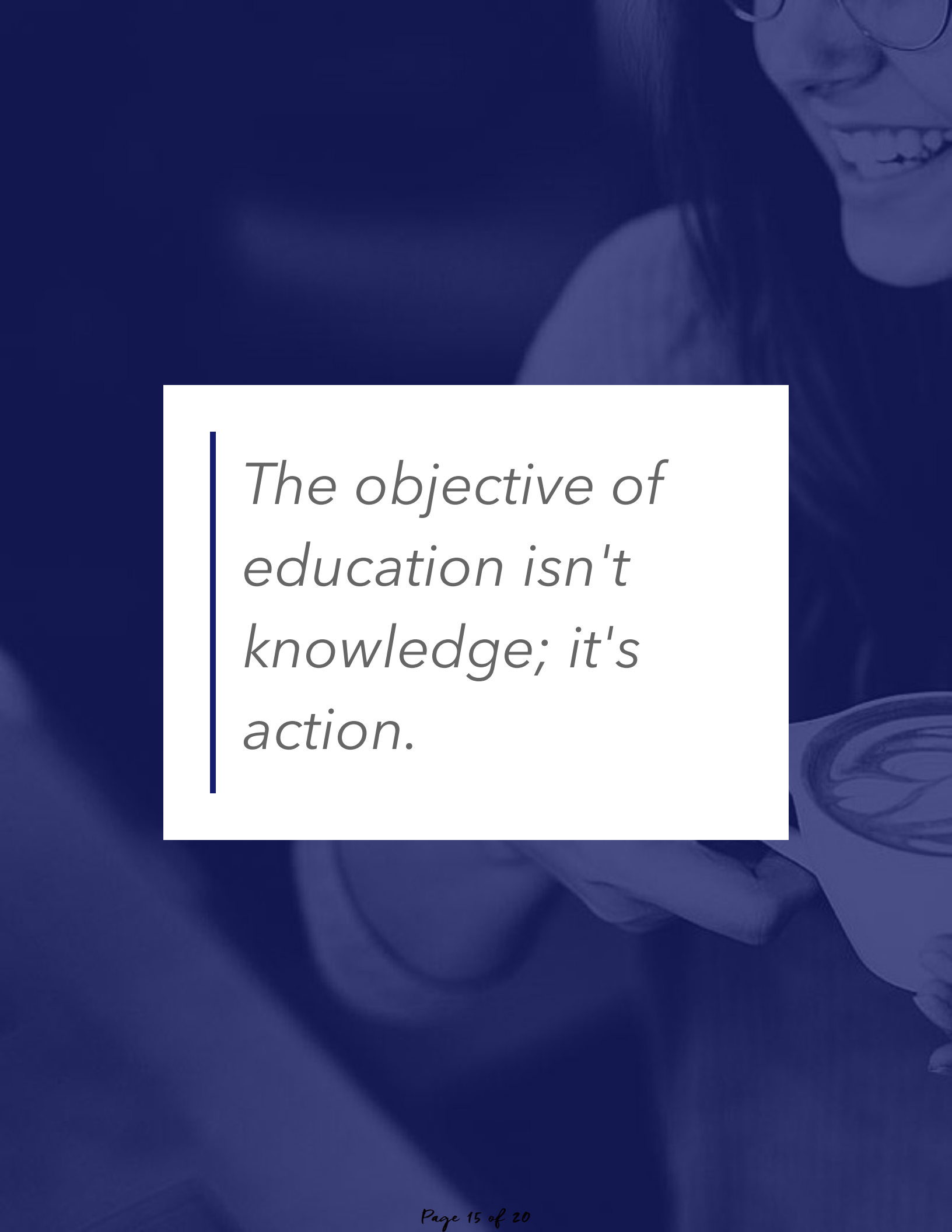
Once you identify the areas where you'll need new training, you'll have a variety of options—from free classes on YouTube and iTunesU.

Reflect & Write:

Here's the hard—and important—part about evaluating yourself.

You can't stop with self-evaluation.

You desperately need the feedback of others. Invite friends, acquaintances, church members, community leaders, and—if you are particularly courageous—your spouse to answer the questions above.



The objective of education isn't knowledge; it's action.

3. Establish Goals For The Coming Year

Determine what it's going to take to get to where you want to be at the end of next year, then develop some goals accordingly. Creating SMART goals (as defined below) can help you make the most of this exercise.

SMART goals are:

- **Specific:** Clearly communicate exactly what you expect to achieve.
- **Measurable:** Make the goal something you can count.
- **Assignable:** Give one person the responsibility to complete the goal.
- **Relevant:** Confirm that the goal moves your church toward its stated vision.
- **Time-related:** Specify when you expect the goal to be completed.

Determine what tools you need to reach your goals.

Whether it's digital or paper, choose one (or both) and stick to it.

Reflect & Write:

You can't sidestep evaluation and planning in the first 100 days. But you can't stop there, either. You have critical work to do in the next 100 days. Time to get started.


Setting SMART Goals

Goal #1

Goal #2

Goal #3

Goal #4



The strong do
what they have
to and the weak
accept what they
must

Thucydes

Tools to get Better Results

Other than the start of the school year in the fall, **January** is the best time on the calendar to start something new and here are a few tools to get you started.

The 12 Week Year

Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, The 12 Week Year avoids the pitfalls and low productivity of annualized thinking.

This book redefines your "year" to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. The 12 Week Year creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound.

Link

<https://amzn.to/3abbNEY>

The Compound Effect

No gimmicks. No Hyperbole. No Magic Bullet. The Compound Effect is a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond.

This easy-to-use, step-by-step operating system allows you to multiply your success, chart your progress, and achieve any desire.

If you're serious about living an extraordinary life, use the power of The Compound Effect to create the success you want.

Link

<https://amzn.to/3acoeAv>

Support

Over two decades ago, God put a calling on my life to serve him in ministry and share the good news of the gospel with as many people as possible.



Beyond preaching each week to the awesome people of Mars Hill in Chicago, I'm also passionate about sharing the word through:

- Daily devotionals via email, my website, and social media – always free to anyone who wishes to receive them.
- Weekly sermon notes, transcripts, and graphics from the series I'm currently preaching and all archives from the past, again, always free.
- Blog posts, articles, workshops, and other content to help people live and lead with courage, authenticity, and effectiveness.

If you are **blessed** by my devotional, preaching, or leadership content and you **wish to support and partner** with me to carry the cost and continually improve this ministry, feel free to become a patron!

Please note that your contribution is **NOT** a tax-deductible donation to a church or charity. It is simply a sign of voluntary support of this work.

And thanks so much in advance for praying about becoming a partner!

Support:

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