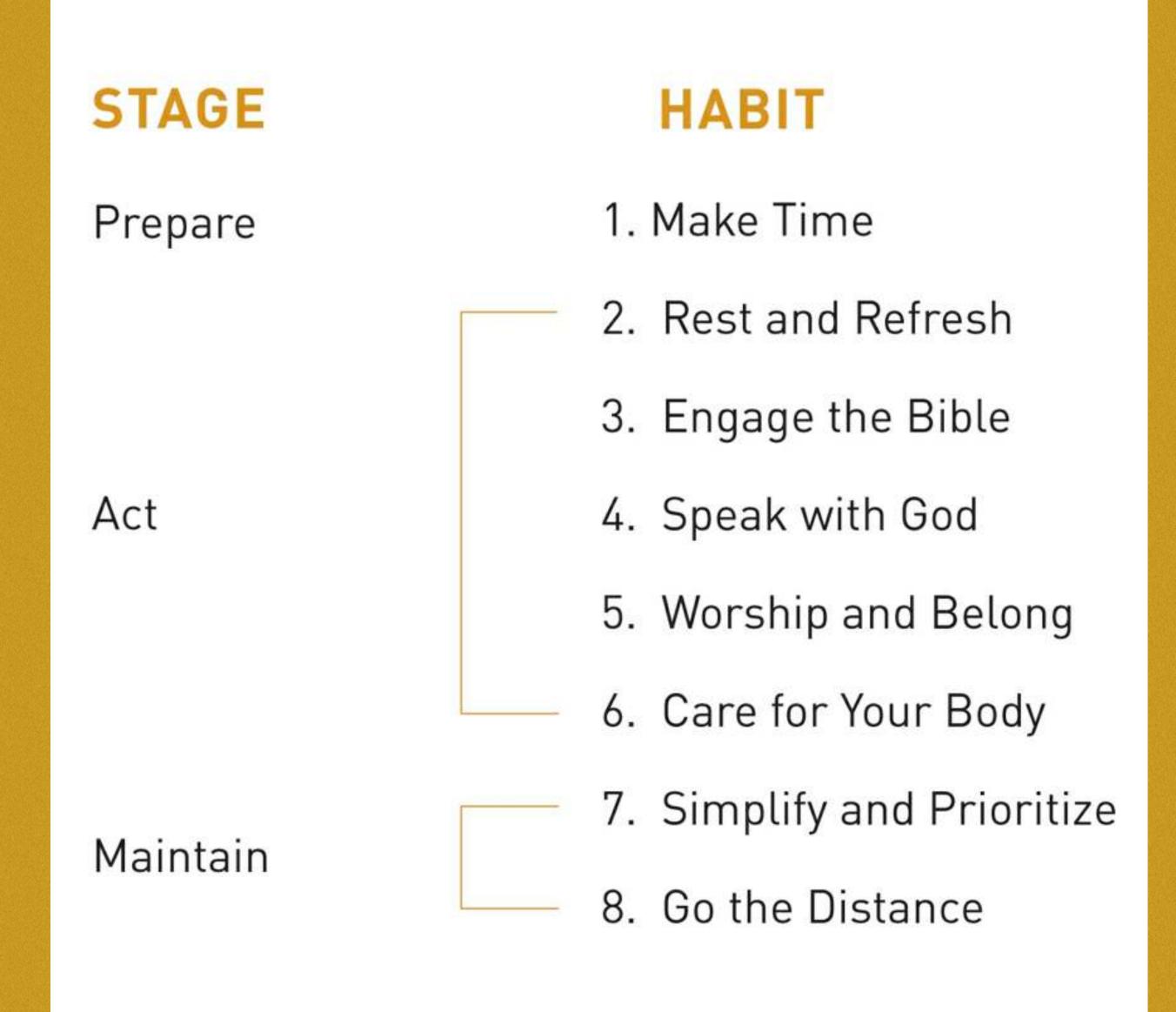
Habit #7: Simplify and Prioritize

The Behavior Change Model



Big Idea

- Big Idea: Look for ways to simplify your life in order to keep your focus on the main thing.
- This Week's Challenge: Look for one small thing to simplify each day this week.

Key Ideas

- We tend to overcomplicate things.
- Sometimes we need to take a step back and make sure that we're focusing on what matters most.
- Make time for Jesus in the midst of busyness and distraction.
- Deal with red light and yellow light issues in your life.
- Get rid of what is slowing you down.
- Set a sustainable pace.

Your Assignment

- What can you quit?
- What can you simplify?
- Where can you refocus?