

LIFE PLAN

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LIFE PLAN OVERVIEW:

Length:

Twenty years. From August 7th, 2019 – December 31st, 2039. On December 31st, 2039, I will be 65 years old. All of my dreams, goals, plans, action points, values, and vision point to this twenty-year benchmark.

Life Verses:

Psalm 92:12-15 ¹² But the godly will flourish like palm trees and grow strong (be fortified) like the cedars of Lebanon. ¹³ For they are transplanted to the Lord's own house. They flourish in the courts of our God. ¹⁴ Even in old age they will still produce fruit; they will remain vital and green. ¹⁵ They will declare, "The Lord is just! He is my rock! (faithful) There is no evil in him!"

Life Values:

Each of these four values is taken from Psalm 92:12-15. These values will be the driving force behind my overall vision and the specific purpose of each life account. I want them to be the words that define who I am and who I am becoming.

- **Flourish** - Each area of my life should be flourishing and alive. If an area is not flourishing, I will make the appropriate adjustments to lead it toward a flourishing status.
- **Fortified** - Each area of my life should be fortified and strong. If an area is not fortified, I will make the appropriate adjustments to lead it toward a fortified status by rebuilding on the proper foundation.
- **Fruitful** - Each area of my life should be fruitful and available. I don't want to flourish unless it produces fruit that makes a difference in other people's lives. If an area is not fruitful, I will make the appropriate adjustments to lead it toward a fruitful status.
- **Faithful** - Each area of my life should be marked by faithfulness to God and His Word. Fruitfulness is not my ultimate goal; faithfulness is. If an area of my life is not faithful to God or His Word, I will make the appropriate adjustments to lead it toward a faithful status.

Life Vision:

I will live out every area of my life in a way that is flourishing and alive, fortified and strong, fruitful for others, and faithful to our God.

Life Accounts:

I loved the idea in Daniel Harkavy's "Becoming A Coaching Leader" of accumulating net-worth in each account. When you think in terms of net-worth, you are thinking of the long game. We often make decisions based on what will make us feel good on Friday, not what will be best for us and others in the future. Net-worth is future thinking, not Friday thinking. I don't want to live for Fridays anymore. "Don't live for Friday" needs to become a mantra in my life. "Is this decision for Friday or the future?" should be a question I consistently ask myself.

Spiritual Life:

- Spiritual Development/Relationship with God

Personal Life:

- Physical Development
- Personal Development
- Finances

Relational Life:

- Sabrina
- Kids
- Friends

Professional Life:

- Vision (Writing, Creating, Leading)
- Preaching
- Leading Element Church

Life Account #1: Spiritual Development --- My relationship with God.

Account Verse: Psalm 119:112 ¹² I am determined to keep your decrees to the very end.

Ephesians 1:3 ³ All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ.

Word of Truth: I already have the blessing, favor, abundance, protection, provision, love, mercy, grace, acceptance and forgiveness of Jesus; I just need to live in it and from it.

Purpose: Everything in my life will rise and fall on the strength of my relationship with the Lord. None of my personal, relational, or professional accomplishments will matter if I fail in this one area. So, I will commit myself to the Lord and His ways every day, making faithfulness, not fruitfulness, my ultimate goal in life. I want to "Make it til the end."

Vision: By age 65, my love of, passion for, and knowledge in the Lord will be higher than ever. I will continue to have a daily time alone with God where I am reading and memorizing the Word, spending time in strategic prayer, and continually learning and sharing something new about the Lord. I will flourish like a palm tree and grow strong like the cedars of Lebanon. I will declare, "The Lord is just! He is my Rock! There is no evil in Him."

Actions: I will build net-worth in this account by...

Reading the Word every day. Even if this means I get in the Verse of the Day, I will not miss one day in the Word, with a goal of reading through the Bible each year.

Reviewing at least one memory verse every day and adding a new verse to the list each time a verse is mastered.

Continuing to strategically pray through my prayer journal, becoming more and more efficient in my prayer times.

Fasting one meal each week, one day each month and one week each year. (Food only unless otherwise directed)

Going on one spiritual retreat/solitude day each year. On that day, I will review, re-evaluate, and restructure my Life Plan.

Speaking key words of Truth over my life, out loud, every day. These words of Truth will be built on the Word of God and will silence the lies I tend to believe.

Sabbath one day each week where I completely "stop" all work and production in order to honor the Lord and be refreshed by Him.

Life Account #2:

Physical Development --- My relationship with my body.

Account verses: Romans 12:1 ¹ And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

1 Corinthians 6:19-20 ¹⁹ Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, ²⁰ for God bought you with a high price. So you must honor God with your body.

Joshua 14:10-12 ¹⁰ "Now, as you can see, the Lord has kept me alive and well as he promised for all these forty-five years since Moses made this promise—even while Israel wandered in the wilderness. Today I am eighty-five years old. ¹¹ I am as strong now as I was when Moses sent me on that journey, and I can still travel and fight as well as I could then. ¹² So give me the hill country that the Lord promised me.

Word of Truth: I was knit together in my mother's womb and I am perfect to the Lord.

Purpose: Taking care of my body is an act of worship to the Lord. My body doesn't belong to me, it belongs to God the Father through Jesus Christ, and I should care for it with that truth in mind. Physical exercise, healthy eating, and proper sleep have a direct effect on my spiritual and mental state as well, so I will make the appropriate fitness, eating and rest decisions to honor God with my body.

Vision: By age 65, I will be as strong then as I am now by choosing to "grow strong like the cedars of Lebanon." I will have energy, focus, stamina, and strength by maintaining a regular workout routine, eating healthy, drinking water, and sleeping well. I will have less than 20% body fat, weigh under 180 pounds, and be active in life.

Action Steps: I will build net-worth in this account by...

Working out each week with at least four 30-minute cardio sessions (running, biking, swimming, walking, hiking, HIIT, etc.), doing my ab/push up routine four days a week and lifting weights two days a week (arms/shoulders, chest/back)

Drinking half my weight (in ounces) of water each day. (Currently 85 ounces)

Following a clean and healthy eating plan (low saturated fat, dairy, sugar), only straying from the eating plan for special occasions (holidays, birthdays, anniversary, vacation).

Getting an annual physical from my physician, a yearly eye exam, and semi-annual dental checkups to monitor my overall health.

Getting at least seven hours of sleep each night.

Life Account #3:

Personal Development --- My relationship with my mind.

Account verses: Proverbs 3:13-15 ¹³ Joyful is the person who finds wisdom, the one who gains understanding. ¹⁴ For wisdom is more profitable than silver, and her wages are better than gold. ¹⁵ Wisdom is more precious than rubies; nothing you desire can compare with her.

Proverbs 4:7 ⁷ The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.

Word of Truth: I'll do what I can and let God do the rest.

Purpose: Not only do I want to grow strong in my body, but I also want to grow strong in my mind as well. The mind is a muscle. If you don't continue to work it out and strengthen it, it will atrophy just like any other muscle. To stay relevant and relatable, I need to seek out information on current events, spiritual, personal, financial, and relational issues.

Vision: By age 65, I will be up to speed on current events and trends in culture, remaining relevant to an ever-changing world by exercising my brain through reading, listening to podcasts, watching videos (or whatever our world might offer in that day). I will expand my wisdom, knowledge, and understanding, not only through Scripture but through societal means as well. I will not lose my voice to the next generation because I refused to learn anything beyond my own. Even in "old age", my mind will remain "vital and green" by continuing to cultivate it with the hard work of learning.

Action Steps: I will build my net-worth in this account by...

Reading at least 12 books per year with a good mix of books on personal development (relationships, finances, health, etc.), spiritual development, leadership development and ministry development.

Reading at least 30 minutes (or one chapter in a book) 4 days a week. This can be in a book, blog, magazine, newspaper, or catching up on the latest news through Google News or some news gathering source.

Listening weekly to a faith-based podcast that tackles the intersection of faith, culture, politics, etc.

Using social media to stay up-to-speed on current events, breaking news and cultural trends.