



# Your Second New Year

*Course-Correct, Re-focus, and Awaken Your Year*

“Look carefully then how you walk, not as unwise but as wise,  
making the best use of the time, because the days are evil.”

Ephesians 5:15-16

## Step 1 - Pray (Fast) and journal

1. Find some time where you have no distractions.
2. Bring your journal, pen, and bible.
3. Spend time with intentional focus on this “second new year”
4. Consider the questions on page 4 to help prompt your prayers

## Step 2: Find your 4 focus areas and/or 1 word for the vision board

1. Time to visioncast! Consider these areas:
  - a. Spiritual
  - b. Health
  - c. Schedule
  - d. Relationships (marriage, children, with God)
  - e. Ministry/Service
  - f. Or a spiritual focus such as generosity, forgiveness, peace, discipleship etc

## Step 3: Create!

1. Have fun and create your board or notebook!
  - a. Use memes, words, verses, pictures from magazines, pinterest, online etc
  - b. Reference the [Dream it. Do it Vision Board](#) challenge on Clare’s blog.

## Step 4: Eliminate!

1. Review your social media feed, emails, schedule, what you eat etc. What can you cut, scale back on, unsubscribe, take a timeout from etc?
2. Organize your house, office etc! It's a good time to also do a good clean of your house. Go through old clothing, the piles of things you've been holding onto. There is no doubt a clean house and work environment will help you stay focused and feel re-energized!

## Step 5: Create an environment conducive to reaching your goals

Make an area cozy for reading, journaling, or praying. Make your office a place for you to work, plan, and organize by having motivating pictures, cute desk accessories etc. If you are working on better health, clean up your home gym! Clear out your kitchen and purchase some new kitchen tools such as a blender or nice set of knives. Purchase a couple new pieces of workout clothing. The list goes on and on for how you could create an environment conducive to reaching your goals. Have fun with this and know that a little bit of financial investment may go a long way!

“A woman who lives with the stress of an overwhelmed schedule  
will often ache with the sadness of an underwhelmed soul.”

*Lysa Terkeurst, “The Best Yes”*

# Prompts

*Some of these will be more specific to certain areas, while others can apply to all. Keep an open mind about all areas of your life while going through these. You'll see the word "this" often and you can substitute areas such as health, faith, finances, marriage etc.*

1. Is this working for me?
2. Is this working for those around me?
3. Does this fall in line with my overall mission?
4. Am I overcommitted in life?
5. Am I wasting time during my day?
6. Which relationships need poured into?
7. Where is God growing me? (Examples: generosity, patience etc)
8. Are there areas in my faith I could learn more about? (spiritual gifts, tithing etc)
9. Am I using my spiritual gifts/talents to their fullest, inside my church and/or community?
10. Where can I serve in my local church and/or community?
11. How am I stewarding (managing) this area?
12. Is my health responding well to the level of activity in my life?
13. Am I getting enough sleep?
14. Am I managing (or better yet, eliminating) my stress?
15. Is this a good thing or a God thing?

## Resources

Your Sacred Yes by Susie Larson

The Best Yes by Lysa Terkeurst

Spiritual Disciplines for the Christian Life by Donald Whitney

A Woman of Strength and Purpose by Cynthia Tobias

Discipline: The Glad Surrender by Elisabeth Elliot

Dream it. Do it. Challenge Series

