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Run To Win

Goal for this year:

1. Challenge Yourself
2. Accountability
3. Core Training

1 Corinthians 9:24-27

In order to “run to win” you must have:

1. Settled strategy
2. Self control



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Questions

1. 10 months from now - what 2 events do you want to be in peak shape for - in order to compete in. **Example:** Able to show up in your: marriage & family, work, relationships, physical health, soul. Why did you choose those?
2. Part of having a “settled strategy” is having healthy daily routines or “morning roadwork” - during the year we will talk about: using time wisely, physical exercise, daily devotions...what’s currently a strength or weakness in your daily routines?
3. Self-control: Saying “no” to yourself, other people, work, or other opportunities. Where do you need to exercise doing without?



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