



R-Group Process

STRATEGY FOR IMPLEMENTING NEW GOALS

I. The need for a personal strategy

- Clarity must lead to a plan
- Identify your goal
- Carry it out in the context of community

II. Why strategies don't work

- Because we apply them when we are too full.
- We haven't emptied ourselves. We attempt new ways of living but we haven't identified the old ways that are "taking up too much space" within us. The new strategy has nowhere to reside.
- They don't work when we haven't stepped out of the immature quadrants (our immature mind, heart, strength, or soul) and into a place of openness and risk – into the center, where God is.
- We fail to see our false selves and our immaturity as a gateway to maturity and growth. We judge them and try to get rid of them instead of facing them and finding God behind them.

II. Making Strategies Effective

A. Identify a goal that you would like to reach.

B. Three Important Elements for reaching your goals

1. Make your intention very clear

To begin this process: Set time aside. Get into a comfortable, safe place. Let go of self-judgments.

What do you want to have happen? I want to _____.

- Once you have the goal. Ask yourself: "How will doing _____ make me feel?"

Or, another way to ask this question is: “How will me doing _____ make my (spouse, children, whoever) feel when I fulfill my goal?”

Example: Taking a walk three times a week for 10 minutes will make me feel healthy. (Or give me peace, or _____)

Example: My children will feel loved when I accomplish my goal of being present with them when I play with them.

This is important. This is the reward for the goal. This is what will motivate you. Losing five pounds is not a great motivation. But, feeling better physically is a great motivator. Children who feel loved will motivate you.

Meditating on the Scriptures or on God for five minutes a day for the next two weeks is not motivating. But, experiencing inner peace with God is.

- Write it down. Once you have your clear intention and how carrying it out will make you feel, write it down.

2. Take small steps to achieve your goal.

They should be simple, easy. For example, instead of deciding: “I am going to meditate for 20 minutes a day this year,” take small steps. “I am going to meditate for 5 minutes a day for the next two weeks.” Don’t take on the whole year.

3. Declare your intention out loud.

Share it with a support group (R Group/ friends/family). Decide with them what support might look like. When you share your intention out loud with your family, for example, they will remind you and keep you accountable. This is healthy living in community with God and others and this is how most growth takes place.

What happens when you miss your goal?

- When you miss your goal (you didn’t meditate one day) check in with yourself about how you feel? What am I feeling? What am I saying to myself? Do I have to hold onto this “story” (“I’ll never make it... or whatever your thoughts are.)?
- When you veer off road you can come back because you have already set your course. You have already done the work of making clear your intention. So, just get back on the road again.
- Be gentle with yourself. No need for shame or guilt or judgments. Draw a boundary in your heart and mind between you and these thoughts and feelings – with gentleness.

- See it for what it is: “OK, I didn’t do _____. It’s just a fact. It’s ok. No shame, I’ll just get back on track in this moment.”

(This teaching is inspired by Kimberly Ann Howard, a Life Coach in South Carolina.)

Accountability: Here’s what it can look like

- Declaring out loud to your accountability partner(s) what your intention is and what the small steps you are taking to carry out your intention.
- Checking in regularly (weekly perhaps) with your accountability partner. Report to him/her how you have been doing.
- Your accountability partner can help you get back on track if you have not succeeded in carrying out your small steps.

Questions for your accountability partner(s) to ask you when you are not meeting your intention:

- What made you commit to this when you did commit?
- Do you remember why this intention was so important for you?
- What happened this week (or day) that derailed your intention?
- What got triggered?
- What would have been helpful in that situation to reconnect you with your original intention?
- And how can I support you should it happen again?

III. Self-Care: A critical starting point for personal growth

A good place to start when deciding to make new goals is evaluating how well you are actually taking care of yourself. Four basic elements of self-care: Like the four wheels on a car

1. Nutrition 2. Exercise 3. Sleep 4. Support from Community

Then, on this foundation build the body of the car focusing on:

- Spirituality
- Career/Home
- Boundaries in Relationships
- Who you are in relationship with

Ask yourself: ***“How well do I take care of myself physically, emotionally, mentally, spiritually?”***

Goals are a natural part of living from the warrior strength. Do you have any goals this year related to the above? This would be areas where you know you have needs and they need to be addressed.