

1 SELF-DISCIPLINE makeover

Just as your attitude is your choice, your OUTCOME is your choice. When you take an honest look at your life--where you've come from, and where you are going--you can see what needs to change. That change begins in your heart, but it is grown and sustained by discipline.

Consider the difference between the two kinds of lives described by these words:

Spectacular

[spek-tak-yuh-ler]

adjective

1. of or like a spectacle; marked by or given to an impressive, large-scale display.
2. dramatically daring or thrilling: a spectacular dive from a cliff.

Mediocre

[mee-dee-oh-ker]

adjective

1. of only ordinary or moderate quality; neither good nor bad; barely adequate:

The car gets only mediocre mileage, but it's fun to drive.

Synonyms: undistinguished, commonplace, pedestrian, everyday; run-of-the-mill.

Antonyms: extraordinary, superior, uncommon, incomparable.

2. not satisfactory; poor; inferior: Mediocre construction makes that building dangerous.

Synonyms: meager, low-quality, second-rate; so-so.

Antonyms: excellent, superior.

Scientific research has concluded that, genetically and anatomically, we are 99% similar to every person living on the planet right now. That means you and I are just like 6 billion people currently living on the planet.

BUT YOUR 1% can make you as drastically different and special as anyone else on the planet. How much greater your 1% can be depends on your level of discipline. Strong discipline will make your 1% --and your life--

spectacular; lack of discipline will make it mediocre.

Building your self-discipline begins here: with the decision to take ownership of your life, your walk with God, and your future. Your life might be "OK" or it might be a mess. Either way, if you have the discipline and courage to take charge, you can step up and out of the way things are, into the way you've always wanted them to be!

DESCRIBE THREE THINGS IN YOUR LIFE THAT YOU WANT TO CHANGE FROM "MEDIocre" TO "SPECTACULAR":

DISCIPLINE POINT I: THE DISCIPLINED ARE NEVER MEDIOCRE

It takes GREAT DISCIPLINE to be a GREAT WOMAN. Discipline is demonstrated by our actions, and it begins with certain choices.

Each year, one of the popular mountain climbs has crowds of climbing enthusiasts who set out to conquer it. They begin the arduous journey up a trail that will lead them to a panoramic view at the top of the snow-capped mountain.

Those committed climbers who make it to the top will experience a beautiful, rewarding, and rare glimpse of the magnificence of God's creation. Add to that, the sense of accomplishment that such a hike brings! It attracts thousands annually.

THE AIR IS THIN, THE TRAIL IS STEEP, AND THE JOURNEY IS HARD.

At the midway point, there is a small cabin or "chalet" where a warm fireplace, a cozy sofa to sit and rest, and a large mug of hot cocoa are all available to each climber. The group stops to rest for a short period before returning to the thin air, burning leg muscles, and forced determination of the climb.

But many of the climbers decide that the ultimate comfort of the chalet will suffice for their "summit." They decide to stay and relax while the others continue the climb without

them. They wish them good luck and tell them they will be waiting for them when they return after the summit.

The determined climbers, however, leave behind the warm chalet while those who stayed behind to rest enjoy the warmth, the hot cocoa, and conversation of their fellow relaxing team members.

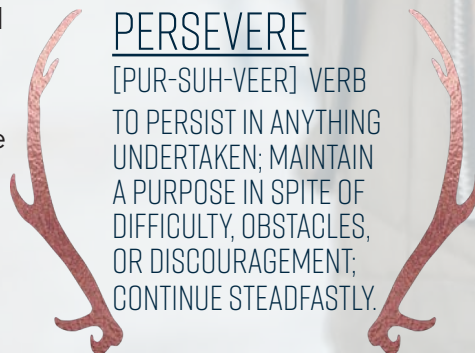
But the chalet has a feature that the resting group is not yet aware of. There is a bell that rings each time a group reaches the summit of the mountain, several thousand feet above, announcing that the group that kept going has reached the top.

As the bell rings, the conversation stops, and a hushed silence falls on the group. A sense of disappointment and regret begins to spread over them. Many begin to voice their regret, "I wish I would have kept going..."

How many people live their lives full of regrets because they chose comfort over the challenge? Because they refused to persevere?

PERSEVERE

[PUR-SUH-VEER] VERB
TO PERSIST IN ANYTHING
UNDERTAKEN; MAINTAIN
A PURPOSE IN SPITE OF
DIFFICULTY, OBSTACLES,
OR DISCOURAGEMENT;
CONTINUE STEADFASTLY.



EXTRAORDINARY
[IK-STRAWR-DN-ER-EE]
ADJECTIVE

1. BEYOND WHAT IS USUAL,
ORDINARY, REGULAR, OR
ESTABLISHED

2. EXCEPTIONAL IN
CHARACTER, AMOUNT,
EXTENT, DEGREE,
ETC.; NOTEWORTHY;
REMARKABLE

*a body in motion
tends to stay in motion.*

This is your chance to re-ignite the passion of your heart and launch your life onto a new path of greatness. You were not meant to be mediocre.

The word mediocre means just what this story illustrates; "Medi" from the Latin word medius, which means middle or halfway. And "ocre" from the Latin ocrus, which is a word for mountain. Mediocre literally means "half way up the mountain."

It all lines up with Newton's law of motion, a dynamic force that guides the principle - A body in motion, tends to stay in motion.

In order to break the pull of a mediocre life, you've got to break the orbit of past failure, and mediocrity. Once in motion, you become an unstoppable force to be used by God to change your world. You were not created to fail, but you were created to win!

"I AM NOT ORDINARY-- I AM EXTRAORDINARY!"

When you were conceived, there were 1 million or more little swimmers each contending for the prize. They were all endowed with a desire to win and the tools to get them there. But you were the champion. You were the one that broke through victorious. You were created for victory. At conception, you were already declared a winner. God always causes us to triumph, as his word says:

"Now thanks be unto God, which always causeth us to triumph in Christ, and maketh manifest the Saviour of his knowledge by us in every place." (2 Corinthians 2:14)

Don't believe the lies that the enemy says about who you are; you must believe what God says about you. You are His treasure, and you are a mighty woman of God!

One of the strongest displays of discipline, honor, vigilance and an excellent spirit is the Guard of the Tomb of the Unknown Soldier in the United States. These elite members of the special guard are on duty at the tomb of the unknown, where lies entombed, the remains of an unknown soldier from one of the battles of the past. This tomb represents the honor due to those who laid down their lives in defense of their country and because they were unable to be identified, were unable to be interred by family and friends.

As a result, these special soldiers deserve and receive the highest honor our country provides. The guard for this tomb is on duty 7 days a week, 24 hours a day, in an eternal and vigilant display of respect and honor. The members of the guard are chosen and give their duties uncommon Discipline.

The guards of The Tomb have a long-standing tradition. Every time they salute an officer at the tomb they say, "Line six sir!" This saying is a reference to line six of the 99 word "Sentinel's Creed". The creed they are sworn to uphold as part of this elite corps of "Guards of the Unknown." Their Creed says:

"MY DEDICATION TO THIS SACRED DUTY IS TOTAL AND WHOLE-HEARTED. IN THE RESPONSIBILITY BESTOWED ON ME NEVER WILL I FALTER. AND WITH DIGNITY AND PERSEVERANCE MY STANDARD WILL REMAIN PERFECTION. THROUGH THE YEARS OF DISCIPLINE AND PRAISE AND THE DISCOMFORT OF THE ELEMENTS, I WILL WALK MY TOUR IN HUMBLE REVERENCE TO THE BEST OF MY ABILITY. IT IS HE WHO COMMANDS THE RESPECT I PROTECT, HIS BRAVERY THAT MADE US SO PROUD. SURROUNDED BY WELL MEANING CROWDS BY DAY, ALONE IN THE THOUGHTFUL PEACE OF NIGHT, THIS SOLDIER WILL IN HONORED GLORY REST UNDER MY ETERNAL VIGILANCE."

“NOT MAKING
A DECISION IS
ACTUALLY A
DECISION.
IT’S THE
DECISION
TO STAY
THE SAME.”

--LYSA TERKEURST



Z Q F T N N E C C V A T T K F
I K D I F A L H G C C S E R A
M B P W P T A U H H E K N O R
S Q E U A L J I O B Z I I W T
F N S T L R E I R T C N L D H
T H O E T V C U J Z R T P R E
U N N I E E O Z C J V E I A R
X G E M S Y R N V I V G C H X
E U E M O I Q E S Z K R S M M
A N O D T J C R C M F I I P D
T E D I L I G E N C E T D G S
Q M C T T B M E D J G Y H T I
R N R C R Y T M L I A T E D R
V O A C G O U M O Y X H R E N
A R C K V G F S Q C N W G X F
P R C O K I Q F S J F N C C J
Z M C Y S H G T E E O S J Q J
C V X A Z T K I Q L T Q D L O
S T N A Q M B G L M K B G Z P
S Z G X J A P V Z A G S A A E
N O I T A C I D E D N L K H R
S F O G L P A E Q Z S C O O S
H I G H E R U M A K I P E N E
M O I J C M S R F W H D X O V
S D R A D N A T S H Z L R R E
U N C O M M O N P U G B E P R
N U V M Q O N L Q Y I K T X A
I E C Y A U H Q L I O T S G N
N K P W Y R M E J O L O A M C
T T L T F R X X L C K H F X E

ACHIEVEMENT
BETTER
CHALLENGE
CHOICES
COMMITMENT
DECISIONS
DEDICATION
DETAIL
DILIGENCE
DISCIPLINE
DOYOURBEST
EFFORT
FARTHER

FASTER
HARDWORK
HIGHER
HONOR
INTEGRITY
LONGER
PERSEVERANCE
PRACTICE
PURSUIT
PUSH
STANDARDS
UNCOMMON
VIGILANCE

discipline & decisions

DISCIPLINE POINT II: DISCIPLINE DISPLAYS A SPIRIT OF

excellence

We have constantly studied the story of Esther, and how she was taken from an obscure childhood, captured, taken away into captivity, and eventually wound up being crowned queen. There was another such outstanding person in the Bible who went through something similar. He was a young man named Daniel.

Daniel was just a regular teen, just like you, who encountered a very hard childhood. He chose, at an early age, to become a man of excellence by disciplining himself to put God first in everything he did.

As a result, the Lord took him from a very poor and unfair beginning to a place of leadership and blessing beyond his wildest expectations.

When Daniel was just a child, the Babylonians invaded his land. Daniel was captured by the invading army and taken to a foreign land. Daniel was plunged into a foreign world where everyone spoke a different language. His entire world was turned upside down.

Though his situation was bleak, Daniel always looked to the light of God's presence to illuminate his heart and mind. Each day he would seek encouragement and strength to face the strange world into which he was unwillingly thrust. Each night he would pray for comfort and deliverance.

Daniel was placed in the home of Ashpenaz, the King of Babylon's chief of staff. They changed Daniel's name to Belteshazzar, and

began to teach him the language and literature of the Babylonians. Under this training, Daniel began to flourish. Because his hope was in God, God's hand was upon him. He grew each day in wisdom, stature, and favor.

Each day they would bring him rich food and wine from the King's table. Each day, he would refuse and eat only the vegetables and drink water and the foods he was accustomed to from home.

THE DANIEL FAST:

A DANIEL FAST IS WHEN YOU CHOOSE TO EAT ONLY CERTAIN FOODS LIKE VEGETABLES, FRUITS, WHOLE GRAINS, SOY, BEANS, JUICES, WATER. BASICALLY, YOU STAY AWAY FROM ALL MEAT, SUGAR, WHITE BREADS, PASTA, OR RICE, AND DAIRY. THE PURPOSE (AS WITH ALL FASTING) IS TO DEPRIVE YOUR BODY-- YOUR "FLESH--OF ALL THE GOODIES AND JUNK FOOD YOU CONSTANTLY CRAVE. THIS KIND OF PHYSICAL SELF-DENIAL HAS A POWERFUL EFFECT. IT HELPS YOU TO DENY YOUR SELFISH DESIRES AND FOCUS ON GOD. IT IS A WAY OF DISCIPLINING YOURSELF -- YOUR CRAVINGS AND HABITS. YOU CAN FIND OUT MORE ABOUT THIS AT DANIELPLAN.COM.

He held to his Discipline in diet and belief that the foods God had commanded him to eat were the only foods he would eat, regardless of the commands of a King. He set his heart not to defile himself.

Each time he was brought before the King to give his opinion on a matter, they found him to be ten times smarter than the wise men of Babylon.

Daniel was a man of Discipline regardless of the situations and circumstances around him.

Those around Daniel became jealous and bitter as they watched him rise in favor to the very top. The only way they would be able to bring him down was to try and make his virtue a fault. Using the King's own vanity and pride, they tricked him into making a law that stated "anyone caught praying to any God besides the King" would be executed immediately.

This would be a problem for Daniel, as he prayed to the LORD five times a day. But Daniel would not stop praying. He was a man of Discipline, even if it cost him everything. The outcome of this story was that even though he was caught praying and sentenced to death, God delivered Daniel and caused the entire Kingdom to know that only the one true God was to be worshiped. And Daniel was his main man. He would be promoted and those who tried to destroy him would be killed instead.

Daniel would then be promoted to a higher level of esteem, favor, and influence. In his lifetime, he affected 5 world leaders by his example of Godly Discipline.



YOU DON'T HAVE TO BE DRESSED UP TO BE DRESSED WELL:

The Essential 6

1 THE BAG: PICK SOMETHING PRACTICAL AND NEAT TO CARRY THINGS IN. IF YOU HAVE A GOOD BAG, YOU'LL NEVER FORGET THE THINGS YOU NEED. IT CAN BE A SATCHEL, TOTE, OR BACKPACK, BUT KEEP IT NEAT, CLEAN AND ORGANIZED

2 THE INFO KEEPER: YOUR PHONE ISN'T JUST FOR SOCIALIZING. USE YOUR CALENDAR TO KEEP UP WITH IMPORTANT DATES AND DEADLINES. USE YOUR NOTES APP TO JOT DOWN THINGS TO DO LATER. IF YOU PREFER TO KEEP A NOTEBOOK OR PLANNER, KEEP IT WITH YOU, AND KEEP IT UP TO DATE.

3 THE DETAILS: KEEPING YOUR NAILS NEAT AND CLEAN, YOUR PONYTAIL COMBED, YOUR FACE, TEETH AND BODY CLEAN AND FRESH---THESE ARE THE THINGS THAT SHOW YOU RESPECT YOURSELF, NO MATTER HOW CASUALLY YOU ARE DRESSED.

4 THE WATCH: SHOWS YOU ARE CONSCIOUS OF TIME, BEING ON TIME, AND RESPECTING OTHERS' TIME. IT'S MORE THAN JUST A FASHION STATEMENT: IT DOESN'T HAVE TO BE EXPENSIVE TO DO THE JOB.

5 THE SHOES: SHOULD BE APPROPRIATE FOR THE OCCASION. WIPE THEM DOWN TO KEEP THEM CLEAN AND FRESHEN THEM UP BY KEEPING DRYER SHEETS INSIDE.

6 THE LIPS: KEEP THEM MOISTURIZED IN A MODEST WAY, BUT, MOST OF ALL, KEEP THEM SMILING AND SPEAKING THE TRUTH IN KINDNESS, ENCOURAGING OTHERS AND LEADING WITH WISDOM.

YOU CAN TELL, JUST BY LOOKING, THAT A PERSON HAS AN EXCELLENT SPIRIT.

You've probably heard someone say "you can't judge a book by its cover," or maybe "don't judge by appearance," and those things are true, in many ways. However, there is ONE thing you can't get around.

The truth is, when we meet people, we DO size them up, so to speak. Maybe not in a judging or critical way, but at least as far as to form our first impression of them. It's just as plain as this: we have limited abilities for figuring people out, so we know how to approach them, so our instinct to categorize them in some way, to have some idea of how to deal with them. You do it all the time, even when you don't realize it.

It's usually pretty obvious whether a person cares a little, a lot, too much, or not enough about her appearance, and that paints a picture of how little or much self respect she has. Honestly, this means the ball is in YOUR court, when it comes to deciding what people think of you. YOU are the one who decides how you present yourself.

It's not about being the prettiest, thinnest, most gorgeous, or having the most expensive or stylish clothes or hair style. It's more about taking the time, energy and trouble to do what it takes to present yourself so that people will take you seriously.

THAT's the impression you want to create, isn't it? You wan't to be heard. You want to be believed.

You want to matter. It starts with how you present yourself.

Right along with how you look, is the other determining factor: how you act. There is old saying that goes like this: "Pretty is as pretty does." It means this: a pretty girl who acts cruel, snobby, careless, reckless, or disrespectful--that girl has just undermined or undone all the effect of her beauty. She might be eye-candy, but she's probably rotten to the core.

It's all about the whole package. Take care of your appearance, but don't get obsessed with your appearance and forget to be Christlike.

Don't just look great -- BE great. Embrace the changes that will give you an excellent heart and mind.

If you make excellence a core value, you will go far in life. It starts with the little things. From there, you can build the habits and attitudes that grow an Excellent Spirit within you. There are a few ways to develop and show an "Excellent Spirit."

1. HAVE THAT "ABOVE AND BEYOND" ATTITUDE. A lady with an excellent spirit does more than what is required. A mediocre person does just the minimum or just enough to get by, but the person with an excellent spirit does more than expected. Jesus said it best when he said,

"If anyone forces you to go one mile, go with them two miles." Matthew 5:41 (NIV) Also, Proverbs 22:29 asks us:

"Do you see any truly competent workers? They will serve kings rather than working for ordinary people."

Make it a point to go the extra mile, by doing things better than you were expected to do them.

2. BE PRESENTABLE.

Always dress your very best when meeting people, especially for the first time. You should always try to make a good impression. Dress appropriately for the occasion. Be sure your clothes are clean and neat. Brush your teeth, wash and comb your hair, shower, and shower again, when you need it. Having a clean and neat appearance is the goal, not making a fashion statement, because statements can be misinterpreted, and fads come and go. People will probably not remember what you wore or how your hair was done, but they WILL remember a general impression--whether you looked like you care. Like you have respect for yourself.

3. KEEP THINGS IN ORDER. Always keep your area (whether it is your room, your locker, your backpack or your workspace) clean and uncluttered. Take out the trash as often as you can, and don't leave dirty dishes, food containers, or glasses in your room. Learn to make your own bed and pick up your clothes. Dirty clothes go in the hamper (and you should learn to wash your own clothes, if you haven't yet). Clean clothes should be promptly put away. Never leave a mess for someone else to clean up, anywhere, anytime. The excellent, mature thing to do is to take care of your things.

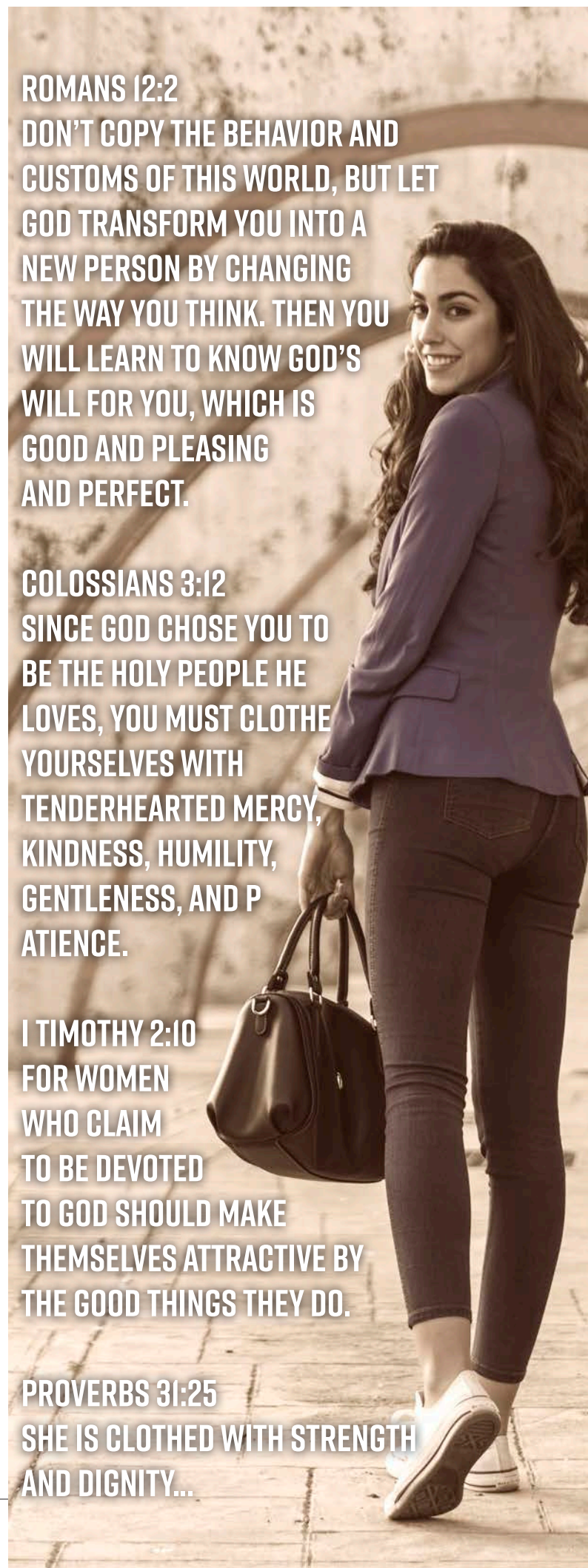
4. BE A PART OF THE SOLUTION, NOT THE PROBLEM. Always pick up trash around your home and never walk past a piece of trash on the ground without picking it up and placing it in a trash receptacle. You may not have made the mess, but if you saw, it and kept on walking, you ignored an opportunity to leave a place better than you found it! Never throw trash out of your car, or leave trash behind anywhere, even in a fast food place. Clean up after yourself, and don't think it's beneath you to clean up someone else's mess, if it's do-able. That's the difference between being a complainer and a problem-solver. That's the more excellent way to be..

ROMANS 12:2
DON'T COPY THE BEHAVIOR AND
CUSTOMS OF THIS WORLD, BUT LET
GOD TRANSFORM YOU INTO A
NEW PERSON BY CHANGING
THE WAY YOU THINK. THEN YOU
WILL LEARN TO KNOW GOD'S
WILL FOR YOU, WHICH IS
GOOD AND PLEASING
AND PERFECT.

COLOSSIANS 3:12
SINCE GOD CHOSE YOU TO
BE THE HOLY PEOPLE HE
LOVES, YOU MUST CLOTHE
YOURSELVES WITH
TENDERHEARTED MERCY,
KINDNESS, HUMILITY,
GENTLENESS, AND P
ATIENCE.

1 TIMOTHY 2:10
FOR WOMEN
WHO CLAIM
TO BE DEVOTED
TO GOD SHOULD MAKE
THEMSELVES ATTRACTIVE BY
THE GOOD THINGS THEY DO.

PROVERBS 31:25
SHE IS CLOTHED WITH STRENGTH
AND DIGNITY...



5. COMMUNICATE WITH EXCELLENCE



If you want to be treated like an adult, you need to talk like an adult (one that speaks well, of course).

Both come with practice, but speaking well also requires study. Good communication is another strong habit that will make you successful, and give you the advantage over others. A girl talks. A woman communicates well.

The habit of communicating well can be built from a number of smaller habits that are easy to implement into your everyday life, whether you are texting, writing, or speaking.

LEARN A NEW WORD every day, and use it in conversations. You can download the Dictionary App onto your phone or tablet to get a fresh word of the day automatically. Mastering one new word a day is how many successful people have built tremendous vocabularies over the years, just as the Great Wall of China was built one stone at a time.

DON'T SWEAR. Swearing is not only a poor reflection of yourself as a Christian, it also tells others that you are unsophisticated and uneducated, because you do not know how to find and use appropriate words to express your feelings clearly.

AVOID CRUTCH WORDS such as "like," "um," "totally," and "literally." Filler words might be OK once in awhile to give you time to formulate your thoughts, but they can easily become habit-words that you use way too much, without even being aware. Ask an accountability buddy to keep track

and let you know. Then, make it a personal rule to NEVER use those words for awhile. That will break the habit.

SPEAK CLEARLY, pronouncing words correctly, always using correct English instead of slang. Don't mumble or run your words together by speaking too rapidly.

SPEAK UP, Don't whine and don't raise your voice. A true lady never has to raise her voice to be heard.

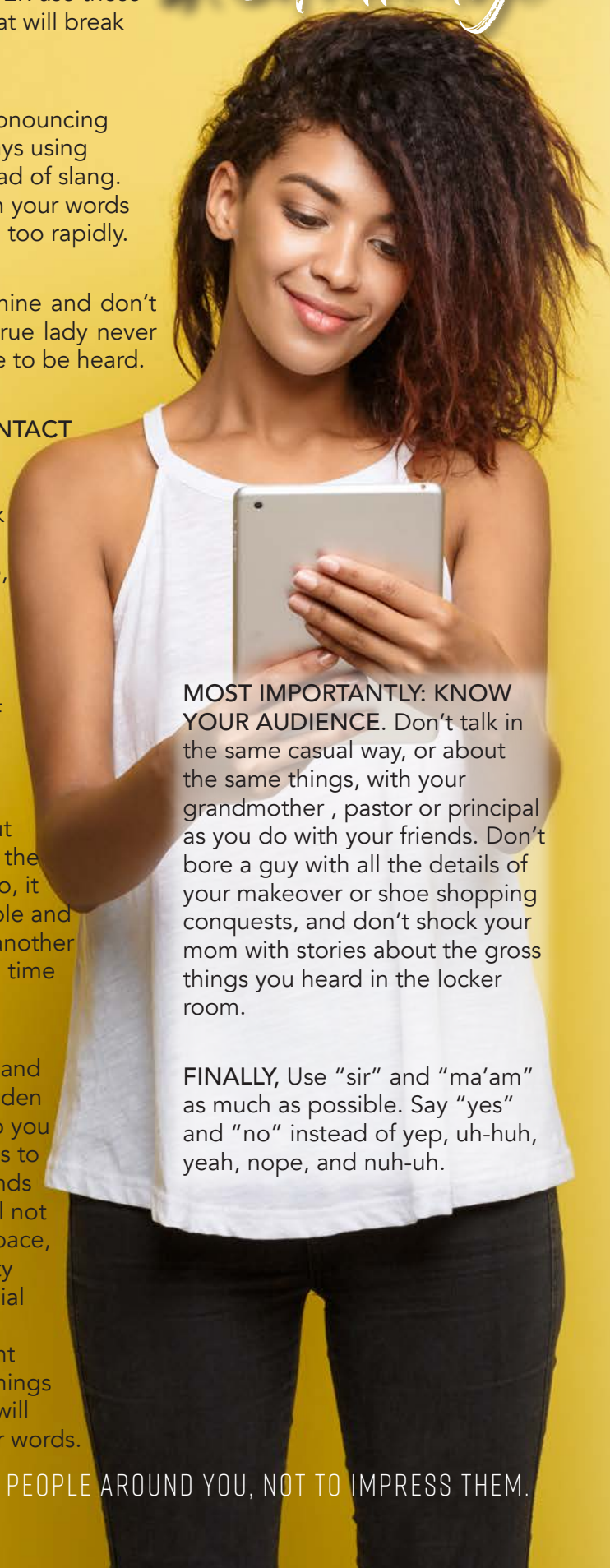
MAINTAIN EYE CONTACT

when you are in a conversation with someone. Don't look around the room, at your watch or phone, or anyone else. This shows that you are giving that person your full attention. It is not just a sign of self discipline and focus, it makes that person feel like you genuinely care about him/her. It is not just the respectful thing to do, it is the most personable and caring way to treat another person who is taking time to talk with you.

READ MORE books and articles that will broaden your mind and equip you with intelligent things to talk about with all kinds of people. Be careful not to get lost in cyberspace, caught up in celebrity news and controversial nonsense. Educate yourself about current events and serious things of interest, and you will never be at a loss for words.

MOST IMPORTANTLY: KNOW YOUR AUDIENCE. Don't talk in the same casual way, or about the same things, with your grandmother, pastor or principal as you do with your friends. Don't bore a guy with all the details of your makeover or shoe shopping conquests, and don't shock your mom with stories about the gross things you heard in the locker room.

FINALLY, Use "sir" and "ma'am" as much as possible. Say "yes" and "no" instead of yep, uh-huh, yeah, nope, and nuh-uh.



THE GOAL OF CONVERSATION IS TO CONNECT WITH THE PEOPLE AROUND YOU, NOT TO IMPRESS THEM.

Neatness & Beauty Hacks: Look your best!

Shortcuts aren't always the best solution, but when you're limited by time or money, there are a few workarounds to the basics of good grooming. Shower every day. More than once, if you've had a workout or gotten sweaty somehow. Use deodorant and brush your teeth. Again, more than once a day, when necessary. Make sure your clothes are clean, so they don't smell. Febreze will only get you so far.

NEWS FLASH: YOU DON'T HAVE TO WAIT FOR YOUR MOM TO DO YOUR LAUNDRY. YOU CAN DO IT.

Do it yourself. Learning to use a washing machine is a basic life skill that every responsible person should know. It's not rocket science. Learn to read labels so you don't ruin something that has to be dry-cleaned. Sort clothes into the following categories and be sure you keep them in separate loads: white clothes, jeans, light colors, dark colors. You can use hot water on whites; you can use cold water on everything. Don't wash things with a lining (like blazers, slacks and skirts) unless the label says it safe to do so. Double-check your dress labels before washing them. If, all of a sudden, you must have your uniform or other thing clean, you can wash it in the bathroom sink with mild soap, rinse it, wring it out, and put it in the dryer on medium heat with a dryer sheet.

WHEN YOU NEED NEW CLOTHES...

Honestly, there is no difference between borrowing a dress from a friend for a formal, or getting one from a resale shop. At least then, you could keep it. Most of them have only been worn one time! Dressing well doesn't have to be expensive. Take advantage of someone else's good taste--you can find all kinds of really nice clothes at resale shops and thrift stores--sometimes they are even brand new! Take your time and look: the prize will be worth the hunt!

WHEN YOUR CLOTHES ARE WRINKLED...

...And you don't have time to iron, or don't have an iron, get a clean washcloth and soak it in water, then wring it out a little. Put it in the dryer at medium to high heat for about 10-15 minutes while you are getting ready. Remove immediately when the dryer stops. The water in the washcloth will steam out the wrinkles.

WHEN YOU HAVE NO TIME TO WASH YOUR HAIR

Dry shampoo (you can get it at Walmart or Dollar General, even) is a great quick fix. You can also neatly slick your hair up into a bun or pony tail and still look neat and well groomed with a little gel or mousse. Add a cute headband or barrettes for sparkle or color.

A TRUE LADY'S TOP 10 RULES FOR USING HER PHONE

1. When you are in company, especially at the dining table, keep it put away.
2. When you are in the middle of a conversation anywhere, for that matter, keep it in put away, even if you get a text. It can wait, for courtesy's sake.
3. Unless you're alone, or among strangers where you don't expect to talk, keep the ear buds put away.
4. If you are in a restaurant or small shop, take your call outside.
5. Learn to text actual words. It will keep your writing and spelling skills from slipping. **LEARN HOW TO TEXT REAL WORDS.**
6. Never text, IM, tweet, post, or Snapchat, etc. **ANYTHING** you would not want shown to the entire world.
7. Always respond to text messages, emails and voicemails the same day.
8. Unless it's a real emergency, avoid looking at your phone in church, in a meeting, movie, class, or other place where you should be paying attention.
9. Limit the selfies. And keep them modest.
10. Realize you might be missing a lot of what's going on. Put the phone down and live your life for **REAL**, instead of trying to live it out online.

NEVER, NEVER, NEVER GO OUT SMELLING LESS THAN YOUR BEST, HEAD TO TOES

Freshen your shoes up with talcum powder, foot powder, or even Lysol, if that's all you've got. Wear clean socks every day. Use deoderant and body spray (not too much) more than once a day on a long day. Brush your teeth, carry mints or gum to freshen your breath after a meal or before a meeting. Being fresh is a big part of being presentable. Now, go flash that lovely smile and win everyone over!

MASTERING CONVERSATION IS A MEASURES OF OF EXCELLENCE. IT IS A SKILL THAT WILL BENEFIT YOU IN EVERY PART OF YOUR LIFE.

HOW A LADY DRESSES AND PRESENTS HERSELF WILL DETERMINE HOW SHE IS RECEIVED. PEOPLE WILL JUDGE HOW YOU LOOK BEFORE THEY DECIDE WHETHER THEY WANT TO LISTEN TO WHAT YOU HAVE TO SAY, SO GIVE YOURSELF EVERY POSSIBLE ADVANTAGE!

There are five levels of dress, with different degrees within each level. Knowing the difference, and presenting yourself appropriately, shows that you are not clueless when it comes to expectations and also that you care enough to make an effort when it's required.

A girl just gets dressed every day. A lady dresses for the occasion.

The levels are (and this does not include attire for going to the gym, which should be always modest, by the way): Casual, Dressy-Casual, Business Casual, Business

Attire, and then the whole Formal/Semi-formal/Black tie category.

Within each level, you still have the freedom to express your own sense of style, but staying within these parameters will keep you safe from being embarrassed.

CASUAL

Casual can include jeans, shorts, t-shirts and even sandals. Even when you're casual, however, you should be sure your clothes are clean and neat. Try to stay away from flip-flops, unless you're headed to the pool or the beach. Don't go anywhere in something that would embarrass you to be seen if you happened into someone important. You never know!

Casual clothes are appropriate for: school, running errands, going to the movies or out with friends, unless it's somewhere really nice.

Step up your casual outfit easily with the addition of a cute jacket, scarf or other accessories.

You do NOT have to spend a fortune to look nice, even in your everyday clothes. Keeping your clothes neat and clean goes a long way toward looking your very best, even in casual attire.

NEVER confuse casual attire with athletic wear. Keep your gym shorts and faded t-shirts for the gym, and make an effort to wear something a little better when going everywhere else.



"Being well-dressed is a beautiful form of politeness."





**"The
most
beautiful
thing
you
can
wear is
confidence!"**

**"Dress how you wish to be
dealt with."**

DRESSY-CASUAL

This category is fairly new, but getting to be more and more commonly used in party invitations. "Dressy-Casual" means you set aside the shorts, comfy old shoes and T-shirts for more presentable options, even though it's still a casual setting like a park, poolside or someone's back yard barbecue.

This level of attire is really your best option for any casual event, if it's an event of any kind. It's also appropriate for a daytime date, casual dinners at home when you expect company, or going out and about with your parents or friends anywhere nicer than a fast food place.

Dressy Casual includes: nice jeans or pants and a blouse or sweater, or you can also get a way with a t-shirt combined with a nice jacket.

For a daytime or evening outdoor event that is generally casual, dressy-casual can include wearing khaki or twill shorts (not athletic shorts or cut-off jeans) of a modest length and a blouse with some pretty sandals. You could opt for wedges or heels with your pants or nice shorts, or wear some flats instead of your more casual slip-on shoes.

Don't forget to accessorize to take it up a notch. Jewelry always dresses up anything. Take time to be sure your hair is well-groomed, and add some body spray or perfume to make yourself feel a little special.

If you don't wear make-up, a little lip balm or lip gloss will give you a polished look without a lot of trouble.

The most important thing is not to feel self-conscious if you seem to be a little over-dressed when you arrive, compared to what others are wearing. It's better to be over-dressed than under-dressed, and, unless you're wearing a ball gown to a backyard barbecue, you have absolutely nothing to apologize about.

Don't be afraid to be the one who made a little extra effort. You're not being a show-off; you just take yourself seriously...and you should!

"Don't
just
dress
for
the
job
you
HAVE..."

Dress
for
the
job
you
WANT."



BUSINESS-CASUAL/BUSINESS

Business-casual is really more business than casual, by definition.

It includes nice pants/slacks, a blouse instead of t-shirt, and shoes a little nicer than your everyday casual shoes. Heels are optional.

Business-casual should be modest and a little on the conservative side, but you do have room to show some style with a few accessories or a colorful scarf. You can also add a cardigan, jacket or blazer. This is how most people dress for work every day, unless they work in an extremely casual place like Google, or they are required to wear uniforms.

Business casual is appropriate for many meetings, for going out to lunch or dinner most places in the daytime.

This is also how you would dress for visiting adults, and attending grown-up social functions that are considered casual.

BUSINESS ATTIRE is a little more formal, requiring a jacket or sometimes a skirt.

Don't get too trendy, if you're aiming for Business-Casual. You can express a little style, but remember that the goal is to be remembered for yourself, not for whatever flashy or trendy clothes you were wearing.

Be sure your hair is neat, rather than fancy. Your jewelry should be subtle, so keep the bling to a minimum. Remember, you want your personality and your mind to be showcased, not your body, so stay away from tight or sexy clothes. The workplace is NOT the place to look sexy. Never, never wear a dress or blouse that looks like it's meant for "clubbing" to work if you want to be taken seriously. Keep the cleavage covered, and make sure your skirt is long enough, even when you sit down, to cover your thighs well.

Finally, keep the makeup soft. Save the glittery shadow and false lashes for parties; they are distracting and considered unprofessional.

The overall goal is to keep your look toned down, if you want people to see you for who you really are--Let your intelligence, manners and abilities be the things that "wow" them!

SEMI-FORMAL VS. FORMAL (PARTY DRESSES, BLACK TIE AND MORE)

Semi-formal and Formal can be easily confused, so here are some points of clarification, and some do's and don'ts to keep you



dressed correctly, to make the best impression.

Semi-Formal can range from your "Sunday best" to a party dress, depending on the event. If it is a daytime event, dress like you would for a daytime wedding - something very nice, usually in lighter colors. A night time semi-formal event definitely means a "little black dress" or party dress like you would wear to homecoming (knee-length).

Formal is also referred to as a "Black Tie" event. Usually, this level of dress is reserved for official dinners, galas, some weddings, and celebrations of very special occasions. You may wear a knee-length dress if you prefer, but you will also find many women dressed in full-length dresses. This is not a casual maxi-dress, but a real formal, like you would wear to prom. You can wear heels or very dressy flats, but not casual sandals or wedges. Your hair can be up or down, but take time to make it look like you've made more of an effort than just an everyday hair do. This is your chance to really get made up, so enjoy!

Tips: Never wear your "little black dress" to a funeral. A party dress is never appropriate for that setting. Wear a plain, dark businesslike dress.

Mini-skirts are never appropriate for a genuine formal or semi-formal event, especially with adults. You want people to look you in the eye and listen to you, not to be staring at your thighs. Make sure your dress is not cut too low, either. Again, you want people to be looking you in the eye and taking you seriously.

Never confuse classy with sexy. A provocative dress does not make

*"Playing
dress-up
begins
at age
five and
never
truly
ends."*

*Kate
Spade*

you more beautiful; it makes you look like you don't value yourself.

Be sure your dress fits well. If it's too tight, you will be too miserable to enjoy yourself. The same goes for shoes. They should be cute but bearable for standing around, too. You will most likely be on your feet a lot, meeting new people.

Be sure you get a small evening bag to carry just the essentials, instead of a big purse.

Limit the selfies, and keep your phone put away so you can notice everything around you, and be ready to meet new people.

Dress like you matter. Speak like a lady with an opinion that is worth hearing.

Act like a lady, and people will treat you with respect.

DISCIPLINE POINT III: DISCIPLINE ADDS “EXTRA” TO THE ORDINARY

She was just a regular girl. She had challenges and gifts like we all do--she dealt with school and chores. Her parents were divorced, but another painful struggle that followed her all the way to adulthood was being overweight. There was the teasing in school, then the voice in her head, every time she looked in the mirror or tried to buy new clothes.

You probably know Mandisa from her rise to fame on American Idol, but that isn't her whole story. It's the girl behind the voice who has a story to tell about faith, and how faith gave her the courage and ability to discipline herself out of being a victim into being an overcomer.

It was only after seeing a Christian counselor that she realized the root of her weight gain was the abuse she suffered as a child.

"I turned to food so that I would get heavier so men wouldn't look at me, so I wouldn't be attractive," she related in an interview with the Denver Post.² Mandisa revealed that she was abused by men and boys growing up. "You don't realize it's one if our girls...and my whole life I never looked at the root issue that I was abused as a child. I was shielding myself and I was dealing with the surface [issue] with diets."

In spite of it all, she could sing like no one else, and that gift rose above every other challenge in her life because of one thing--her faith in Jesus Christ.

There came a point in her career, she explained, that her weight began to hold her back. It wasn't

about her size--she was an extremely beautiful young woman. But the fatigues of touring and recording were beginning to take a serious toll on her energy. She needed to do something to take the stress off her body, and it was not going to be easy to lose over 100 pounds.

"Faith was the most important thing to me losing weight," said Mandisa. "My faith taught me about obedience in the Lord, and I want my body to be a temple not a hindrance."

A hindrance is something that gets in the way of your goals--something that drags you down. If you are lacking self discipline in how you take care of yourself, what you eat and drink, whether or not you exercise to gain strength and keep your heart healthy, it may be because of a hindrance in your life. It could be that you don't like to socialize because you've been hurt too many times, so you stay inside--and inactive. It may be that you were abused as a child, too, and you turn to food or another substance for comfort. Or it may just be a fear of growing up or getting out of your comfort zone, so you choose to stay where you are, and demand that everyone should accept you that way.

If you're not growing personally, though, you are probably not growing spiritually, and that's going to put you on a slippery slope that leads nowhere but right back to where you started.

It's time to get moving. You have to make yourself do something different, do something better, do something more, so that you can

grow.

Mandisa shared that, to overcome her weight issues--and, really to overcome the root cause, the pain of abuse long ago--she started using a Bible study she did in college called "Breaking Free" every day. Yes, every single day. It was probably difficult at first, but she stuck to it.

"I learned to trust Him and I memorized a lot of scriptures," she said. "I have a spiral notebook with scriptures that I look at whenever I feel tempted. I recite a lot of prayers. And you have to eat right and exercise. I eat whole grains, fruits and vegetables."

As a successful gospel singer, Mandisa is a shining example to others of how discipline can grow you beyond the pains and challenges of your childhood and youth.

To become successful requires more than just raw talent, or being in the right place at the right time to get discovered. Professional singers and musicians spend hours and hours a day practicing, working, writing, and even studying and learning from others how to improve their technique.

Most of all, as a singer who devotes her career to glorifying God, Mandisa recognizes that spiritual growth is something that requires discipline and attention every single day, too.

When asked what was the hardest part of her job, her answer had nothing to do with traveling, the stress of recording, or the demands of coming up with the next great song.

.... AND MAKES YOU

extraordinary!

"[The hardest part] is trying not to make my relationship with God routine. I want my relationship with God to overflow into my career. I want to experience Him in my life. I want His being to overflow into my life. I had to learn that this is not a religion -- it is a relationship with Jesus. And to have any relationship you have to spend time with that person. So I get up earlier to study the word. And throughout the day I talk to Him..."

What are the strong habits that Mandisa incorporated into her life, to become victorious every day?

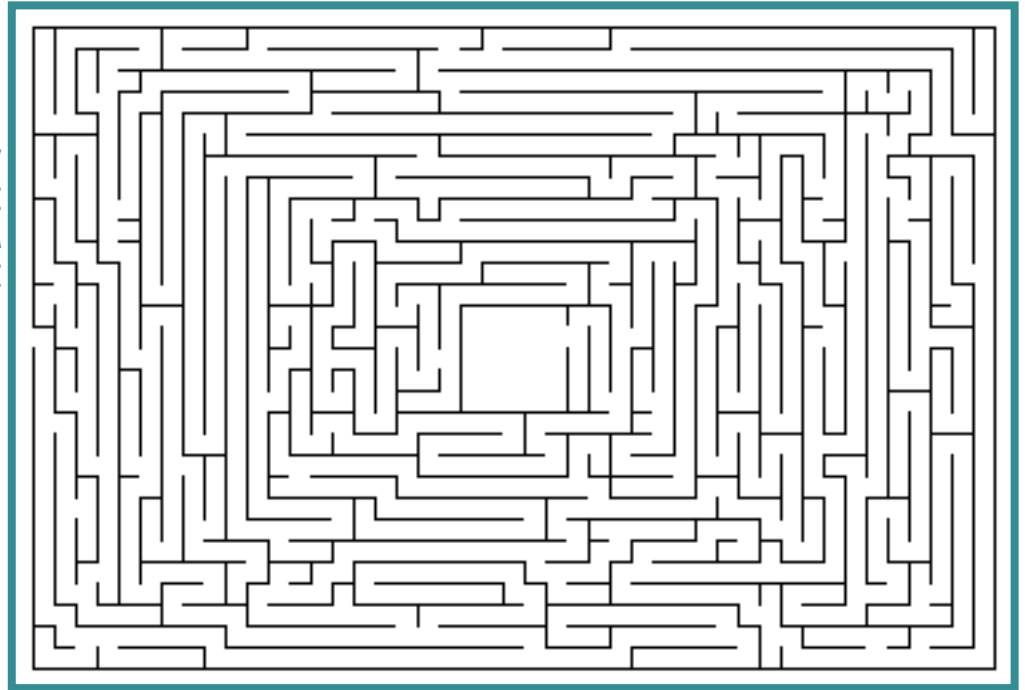
Which two do you think are most urgent for you should you begin?

It's never crowded on the extra mile, because very few choose to put forth the extra effort to do above and beyond what is expected.

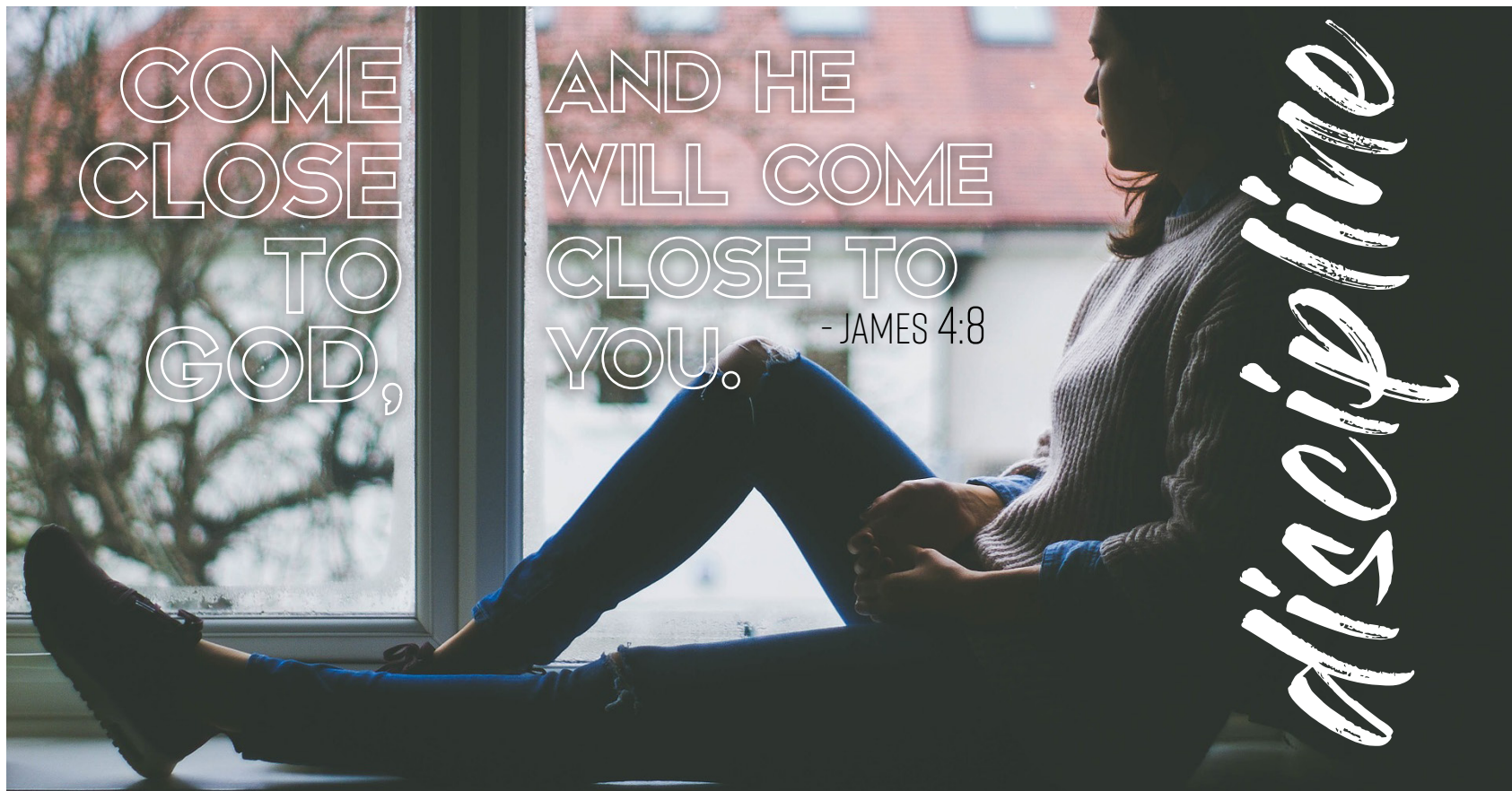
**THIS WAY
TO THE
EXTRA
MILE**



But remember this:
along the way of the
extra mile is where
champions. This is
where real excellence
comes to the surface --
when things get tough.



This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



COME
CLOSE
TO
GOD,

AND HE
WILL COME
CLOSE TO
YOU. - JAMES 4:8

discipline

FASTING AND PRAYER

Fasting means going without something important (usually food) so that you can focus more clearly on spiritual things.

A typical fast consists of not eating for one meal or more and drinking only water. Even if you are just skipping one meal (and it can't be one that you always skip anyway), it should also include an extended time of prayer during the fast.

An extreme fast can go as long as 40 days, however. Jesus fasted for 40 days as he was beginning to start his public ministry. That kind of challenge is not for beginners.

Fasting helps us grow stronger, spiritually, better than anything else you could do. There is something about real self-denial

that makes your soul hungry and thirsty for God.

Try starting small, and working your way up to bigger fasts. For example, maybe just give up one meal a day for three days in a row. During that mealtime, pray and ask God to help you get closer to Him. Ask Him to show you what's in your heart or your life that is getting in the way of that close relationship. You will begin to feel the power of fasting and power!

One alternative to food-fasting is fasting from other things that you think you are indulging in too much. Some people fast from their phones, from social media, from TV, or other such things so they can dedicate that time to praying and devotion instead. It helps to shut out all the distractions that keep you from focusing on your relationship with God.

The most wonderful thing about fasting is that when we make an effort to draw closer to God, He promises that He will also draw

closer to us! What a promise! To think that the King of Kings and Lord of Lords can see and know when you are trying to get close to Him, and he cares enough to turn to you, and step toward you, too, closing the gap twice as fast.

Some think of fasting as a spiritual duty or chore; something we do to prove we love God. But it's so more than that.

"When we fast, we exchange what we need to survive for what we need to really live--more of God! When we realize we need God more than we need food, we can start to understand what the Psalmist meant when he wrote: 'Like the deer that pants for water, my soul longs for you.'

God, the sustainer of all life, wants nothing more than a closer connection with us, and through fasting we can quench that new desire for more of Him in our lives."¹

YOU MUST TRAIN TO BE
MENTALLY,
SPIRITUALLY &
PHYSICALLY
STRONG

involves doing the things that build us up spiritually so that we can be strong for God.

If you have the courage and discipline to apply these habits, you will begin to see a real difference in your life! We promise!

- When we put the Lord first, He promises to bring His blessings on our lives. No matter what our circumstances, God can overcome and set us on a path of blessing.

After you've noted these down, start a journal to keep track of your progress each day. Soon, you will look back and be surprised how much you have grown!

This image shows a blank sheet of white paper with horizontal blue lines, similar to notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- LYSA TERKEURST

involves doing the things that build us up mentally so that we can be strong, wise, and sharp for God. These habits, too, will help you become a champion for Christ.

Find some quality books to read. Watch a documentary. Go through a Bible study by yourself. Research and learn some useful things about the career you want. Watch some tutorials on a subject you're struggling with in school.

Feed your brain some good things for a change -- you will find that it responds the way your body does when you feed it better things-- it will get healthier, stronger, and more disciplined! It will be working for you, instead of against you. It will begin to lead you, instead of holding you back.

1. SET A TIME FOR READING.

2. SET A GOAL TO READ A CERTAIN NUMBER OF BOOKS MONTHLY.

3. PREPARE YOUR MIND TO DEAL WITH TOUGH SITUATIONS. REFUSE TO WORRY. INSTEAD, TRUST GOD.


4.
SPEND TIME TALKING WITH
INTELLIGENT PEOPLE AND ASKING
QUESTIONS. LISTEN TO THE ADVICE
OF WISE PEOPLE AND LEARN FROM
THEM HOW TO BE SUCCESSFUL.

[illegible]

MY BOOK LIST:

List ten beneficial books you want to read. Set a date for completing each book.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



"EXERCISE
TESTS US IN
SO MANY
WAYS,
OUR SKILLS,
OUR HEARTS,
OUR ABILITY
TO BOUNCE
BACK AFTER
SETBACKS."

-PEGGY FLEMING,
OLYMPIC MEDALIST

PHYSICAL DISCIPLINE

involves doing the things that build up physically so that we can be strong for God.

Your body is the Lord's temple. It is not yours to abuse, misuse, deface or destroy. Honor it as such, and take care of yourself. You only have one body, and it is supposed to take you all the way through your mission!

If you are weak, or if you have damaged your body, you will not be able to do what you are called to do, and you ARE called to do something!

4.
EAT HEALTHY AND DRINK 10 GLASSES OF WATER A DAY. DON'T SMOKE. DON'T DRINK ALCOHOL, AND DON'T DO DRUGS. DON'T DRINK TOO MUCH COFFEE OR SODAS AND STAY AWAY FROM SWEETS. YOU NEED PROTEIN TO BE STRONG, AND VEGETABLES AND FRUITS TO KEEP YOUR IMMUNE SYSTEM STRONG, CALCIUM FOR TEETH, HAIR AND STRONG BONES. IF YOU ARE FILLING UP ON JUNK FOOD, ALL OF THESE THINGS WILL BE WEAKER AND LESS HEALTHY. TAKE CARE OF YOURSELF! YOU DESERVE A HEALTHY, LONG LIFE!

MY PHYSICAL GOALS:

STICK WITH IT! See if you can find all the discipline-related words. Don't stop until you are finished finding all of them! Now, that's an exercise in discipline.

C Z F T D S Y Y S Y E P
L H O R T G J H T A W U
K K A I C O W B R K J S
P T B M U V R L E T K H
Y A R R P C Y O N R E Y
H D N A U I X A G O D I
C A U E I P O H T F L P
L E K T X N H N H F F X
T B B D S X C R P E C B
O Y L I C J H P X H L N
N P J F S Q I F E G R R
D U G W W D U C Y S Q L
M V R N G M N M F L N B
J L D O I A J H N V G V
K T A O R T U Q A Y O F
V L K U D V S N W N A O
X R D G Z E X A H K L D
W N E I S N D B F A S U
E O B A Q I N A L P K K
U A S N D L Q A P M F I
P B C H A P T E R S B D
S L Q S U I C J X I L M
K O P R G C V Y L I A D
O H M M N S D J U X C F
O B K I J I C B W G Y O
B C Y A J D E U R D W Y
U T U O K R O W J N Z V
U Z A A S V Q T D C O D
Q T H E N E R G Y A U X
B C S B A E W A T E R X

BOOKS
BUILD
CHAMPION
CHAPTERS
DAILY
DISCIPLINE
EARLY
EFFORT
ENDURANCE
ENERGY
FASTING
GOALS

HABITS
JOURNAL
PLAN
PUSH
READ
RUN
STRENGTH
STUDY
TRAIN
WATER
WORKOUT

DISCIPLINE POINT III:

DISCIPLINE ALLOWS US TO DO NOW...

WHAT CANNOT BE
DONE LATER.

"Discipline means doing some things you DON'T want to do ...

DISCIPLINE MEANS DUE DILIGENCE

The Apostle Paul told Timothy to "due his diligence to come to me before winter." He told him to come because he knew that if he waited until winter had come, the trade routes in the sea and ancient navigation technology would not allow him to arrive until Spring, in which cause, Paul would already be dead. The point is this: the things we can do now, we should do now, because the time will come when we will be unable to do them.

WHEN OPPORTUNITY KNOCKS

Women of discipline listen and respond when people come to them with a need. They handle it right then and there. In life, there are often no second chances for an opportunity to make a difference. If you wait, then the moment is gone. That is why it is so important to do what we can do, while we can.

GIVE IT YOUR "ALL"

When you have the chance to do something, do your very best. Every door that is opened to you comes with a question--is it worth your time and effort? Is it an opportunity you should take? If you say, yes, you must give it your best effort. If you're going to do it, make it worth your while, and make it something worthy.

JUST GET IT DONE

Never put off until tomorrow something that can be done today. Be diligent and disciplined. If you put excellence into your efforts, you are sure to rise to the top. It's all in the energy and the attitude.

"Whatever you do, work at it with all your heart, as if working for the Lord, not for people."

- Colossians 3:23

UNSCRAMBLE THE KEY WORDS TO SEE WHAT COACH VINCE LOMBARDI SAID ABOUT DILIGENCE.

"The price of success is

[KAODHRRW]

[NICDDTOIAE]

to the job at hand, and the

[ONTANEIIRDMTE]

that whether we win or lose, we have applied the

[ETSB]

of ourselves to the task at hand."



DILIGENCE. [DIL-I-JUH NS] NOUN
A CONSTANT AND EARNEST EFFORT TO
ACCOMPLISH WHAT IS UNDERTAKEN;
PERSISTENT EXERTION OF BODY OR MIND.

...in order to have the things you say you WANT to have."

--Joyce Meyer

Describe the difference between working with ALL your heart and HALF-hearted work: What does each look like and feel like? How do you know when you're just not giving it your all? Describe a specific situation and how you will give it a whole-hearted effort, instead of a half-hearted effort, and what the different outcomes would be.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

4 HABITS OF STRONG WOMEN



"GOD NEVER INTENDED FOR US TO RELY ON OTHERS
FOR OUR SENSE OF WELL BEING.
ONLY HE IS EQUIPPED TO PROVIDE THAT."
--LYSA TERKEURST

strong Habit #1

DAILY DEVOTIONAL AND QUIET TIME WITH GOD

Habits are patterns that we build in our lives. They can make us, or break us. It sounds very simple because it just is: if we develop bad habits, they will destroy our success. If we develop good habits they will make a path to success for us.

Habits begin with our thoughts, long before they find the way into our words and actions. That's why it's so important to guard our minds and what we put into them. If we want to start building good habits, we should begin by building good thoughts.

BUILD A THOUGHT - IT WILL LEAD TO AN ACTION

BUILD AN ACTION - IT WILL LEAD TO A HABIT

BUILD A HABIT - IT WILL LEAD TO A LIFESTYLE

BUILD A LIFESTYLE - IT WILL LEAD TO A DESTINY.

All lifestyles began with a thought that found its way into a habit, and so on. Guard your thoughts.

Sometimes we have fleeting thoughts that are not good -- horrible, or even evil, actually. That is not always your fault. However, it IS your responsibility to take that thought "captive" (Read 2 Corinthians 2:5) and throw it out! It's not the random, fleeting ideas and thoughts that destroy us -- it's the ones we embrace and keep thinking about, when we should have moved on to better thoughts.

There is an old proverb that sounds a little silly but makes a good point. "You can't stop a bird from landing on your head, but you can stop it from building a nest in your hair!"

To really become Christlike, we need to think like Him. What Would Jesus Think? is probably a better question than What Would Jesus Do? To learn to think like Him, you need to study what he has said, then really think about it all day, letting it really absorb into your mind.

You have given your heart to Christ; your thoughts should be equally His.

The book of Psalms contains an extremely powerful and meaningful verse which should be your daily prayer and daily goal.

"May the words of my mouth and the meditation of my heart be pleasing to you. O Lord, my rock and my redeemer." -- Psalm 19:14

When you meditate on something, you think about it, thoroughly, breaking it down, working it through, until it really makes sense to you, and means something to you personally. That's what we should be doing with God's word, not a thousand other things that crowd our minds. Many of those things are harmful, or useless, at best.

Your Daily Devotional time should be focused and quiet, where you can totally concentrate on God's word, praying and reflecting on it, to let Him speak to your heart.

Devotional: (Noun)

[dih-voh-shuh-nl]

A daily time spent in worship, prayer and Bible reading.

A devotional time is a time where you connect with God and try to build a relationship with Him.

When we set aside time with God every day, and build routines in our life to prepare ourselves spiritually, mentally, and physically, we build habits that point our lives toward excellence.

Here are a few sample devotionals to begin with. Get a blank journal or spiral notebook. Use these passages in the pattern on the next page, titled "SOAP JOURNALING."

Psalm 118:14

The Lord is my strength and my song. He has given me the victory!

2 Corinthians 12:9

My grace is all you need. My power works best in weakness.

Matthew 6:33

Seek the kingdom of God above all else, and he will give you everything you need!

Proverbs 3:6

Seek His will in all you do, and He will show you which path to take.

Jeremiah 17:7

Blessed are those who trust in the Lord and have made the Lord their hope and confidence!



"I DO NOT PRAY
BECAUSE IT
CHANGES GOD."

--C.S. LEWIS



I PRAY BECAUSE IT
CHANGES
ME"

A DEVOTION METHOD THAT WILL CHANGE YOUR LIFE! S.O.A.P. JOURNALING

You have heard about journaling. You might keep a diary, and you certainly use journaling in school for writing assignments. However, when it comes to journaling as a devotion method, you might be at a loss. Where do you begin? How do you do it? How do you know if you're doing it effectively?

Many times, we get stuck, confused, burned out or bored, and just let it go after several days.

There are lots of ways to journal, but HERE is a method we have found that will work for anyone! It is structured, defined, clear, and will absolutely bring you closer to God. If you stick with it for just a few days to get the hang of it, you will be very sorry on the days you miss it. It's called S.O.A.P. Journaling. It stands for: Scripture, Observation, Application, Prayer.

Find an unused journal or spiral

notebook (or you can MAKE one of your own!) Be sure that you use it only for this purpose. Now, prepare to experience something amazing -- the Lord, speaking to your heart, almost every single day!

Whatever reading plan or schedule you are using will work easily with this method, and help you really absorb and apply it to your life. If you are not in the habit of reading the Bible every day, your soul must be starving! Start today, with this easy track: The month has 31 days (usually). Whatever day it is, read that number chapter of Proverbs every morning. You can also read a chapter of Psalms every morning, or every night. These two readings will give you a daily dose of wisdom and praise that will enrich your life and direct your heart toward God.

After you have read your designated passage for the day, take a look. What is the one verse that stands out to you? There is always one.

In the left margin of your journal, write the letter "S" and circle it. Next to it, copy that SCRIPTURE that jumped out at you. Read it to yourself again. Look at the words. Think about what it means.

Next, write the letter "O" in the left margin below that. Begin writing your OBSERVATION(s) about that verse. What does it say to you? Why did it stand out to you? What did it make you realize?

Next, write the letter "A" in the left margin, below the previous section. Think about the APPLICATION of that scripture. What does it have to do with your life, or your heart, today? How can you take it and do something with it today to change--to get closer to God, to remove obstacles in your walk with Him, to get closer to being Christlike and think like Him? This is where the Lord will begin to speak to your heart. You will recognize things in your life that do or do not align with this scripture, and you will see the truth about yourself, the way God sees

it. Sometimes it's as if a light is suddenly turned on, and you can see where you are, what you are, and where you're headed. That's what David is talking about in the Psalms when he says "Your word is a lamp to my feet, and a light to my path." When you apply it to your life--really, truly use it to look at your life--you suddenly see things much more clearly! The word of God gives you a whole new perspective when you take it in--God's perspective.

Write as much as you like in this section. Sometimes the words and the thoughts just keep flowing and flowing! It's a beautiful experience.

When you have finished that part, write the letter "P" in the left margin below, and circle it. This section is for Prayer. You don't have to write your whole prayer here, but write the beginning--the part where you take what you have just observed and discovered and make it your prayer for the day. Do you need strength to overcome

an issue that God has just shown you? Do you need courage to act on a change in your life? Write your prayer for the Lord to guide, strengthen, forgive, restore--whatever it is that you need His help with, to take this scripture and the observations you've made, and apply it to your life.

Imagine you've bought a fixer-upper house that could be your dream house--you can just see it, now...your own little castle. Now, imagine you had unlimited resources to buy anything and everything you wanted to make it really amazing -- new floors, new appliances, chandeliers, gorgeous furniture...Everything you ever wanted. It's all been bought and paid for, and delivered right to your driveway. There it sits, all packed into one really big delivery truck. It's all yours.

But what good does it do your dream house if it just sits in the driveway? Imagine how silly it would be, for you to sit,

daydreaming, gazing out a broken window, sitting on a crate, on old dingy carpet, just wondering how amazing your house could be if you brought in and placed all those beautiful furnishings, applied the fresh paint, put in the brand new hardwood floors, and installed everything new through the whole house! Sitting and wondering and daydreaming will never get it done.

If you're sitting and looking around the ruins of your heart and life, wishing things were better without getting up to BRING IN all the beauty and restoration that God has given you through His word, it's the same thing. You have to bring it all inside your heart and really apply it to your life, or it does not do you any good.

So, let's start today. Let's apply God's word to your life with S.O.A.P. Journaling, and see the amazing transformation unfold!

Here is a short example of S.O.A.P. journal entry. Find or make a journal of your own, and write your own entry for one of the verses on the previous page. Then start to use it every day and see your heart and your life transformed, as the Lord begins to reveal truths to your heart!

S Proverbs 3:6

Seek His will in all you do, and He will show you which path to take.

O The words "Seek" and "All" seem really important here. Seeking takes effort; it's something you keep on doing, like seeking a treasure or seeking a goal. Then, "All" -- in All you do. Wow. That means every single thing I do -- the friends I pick, what we talk about, how I spend my time, and everything that I am responsible for doing--school, chores, even Instagram -- God

is telling me here that there is an obvious reason my life is mess. There is something I am missing -- I have not been seeking His will--I have been just doing what I want to do, without taking time to see what God says, to find out what He thinks!

A Today, I'm going to start really looking at the daily decisions I make -- do they match what God's word says I am supposed to do? This is a really big challenge, but now that God has shown me WHY I have no idea what direction to take, I know what to do! Seek His Will!

P Lord, Help me to see exactly what I need to change in my life to make it more like YOU want it to be--not what I think, or feel, or what others say...

Speak to my heart about anything I need to get rid of in my life. God, forgive me for those sins. I don't want those things--I want you!

Show me how to really seek your will, and I will believe and trust you to show me what path to take!

Thank you, Lord, for showing me the truth about my life. Give me the courage to change, to be more like you, to follow you in a closer way. Amen!



THE FORMULA FOR EFFECTIVE *Devotional time*

1. FOCUS

Find a place alone. Make sure that you are not close to anyone else and you have no distractions around you.

2. LISTEN

Be very quiet, pray and listen for God's voice, His leading, some thought or idea that God might be speaking to you.

4. WAIT

Spend the next 30 minutes waiting for the Lord to speak to your heart; let Him show you what needs to change, what needs to be done.

5. RESPOND

Be obedient to respond to what God wants you to do, to confess, to forgive, to make things right.

QUESTION: HOW CAN YOU TELL IF YOUR DEVOTIONAL TIME IS EFFECTIVE OR NOT?



CHALLENGE: COMMIT YOUR PRAYER AND DEVOTIONAL PLANS AND GOALS TO PAPER!

S.O.A.P. JOURNAL - practice here!

THEN MAKE YOUR OWN JOURNAL AND START WRITING IN IT EVERY DAY.

PREPARE TO BE AMAZED!

This image shows a full page of blank handwriting practice paper. It features two columns of horizontal blue lines. The left column contains 20 lines, and the right column also contains 20 lines. The lines are evenly spaced and extend across the width of each column, providing a guide for letter height and placement. There are no margins, text, or other markings on the page.

DIY JOURNAL

MAKE & DESIGN YOUR OWN

Start with a piece of really thick cardstock, a piece of ribbon, rope or twine, and a stack of blank papers the same size.

Stack them together, with the cardstock on the bottom, then fold them in half, all together. This makes a booklet size journal (half page size).

Take a piece of ribbon or twine and wrap it around the fold, or poke two holes and stitch it through, then tie in a knot and bow on the outside.

If you want to make a whole page journal, using notebook paper on the inside, get two pieces of cardstock, put one on top, one on bottom, and hole-punch them to match the notebook paper.

Next, take the ribbon and lace it through the holes (there are several ways to do this, you can even make extra holes along the binding if you want), and tie it in a knot and bow to keep it secure.

You can add:

- An elastic band or long ribbon around it, horizontally, to keep it closed.

- Extra ribbons, with beads or charms to the top for bookmarks

- Washi tape to the binding or cover for decoration

-Decorate it with drawings, stickers, bling, magazine clippings, whatever you want. It's yours!



POWER FOR YOUR LIFE: THE RIGHT KIND OF PRAYER

"God is the God of 'right now,'" Priscilla Shirer writes in her best-seller, *Discerning the voice of God*. "He doesn't want you sitting around regretting yesterday. Nor does He want you wringing your hands and worrying about the future. He wants you focusing on what He is saying to you and putting in front of you ... right now."

It's hard to have faith when you're focused on the past or worrying about the future. Hebrews chapter 11 tells us that "NOW faith is the substance of things hoped for, the evidence of things not yet seen..." God wants to do great things IN you and FOR you, but you have to trust Him. And you can't trust Him unless you've given Him all your heart, all your life plans, all your hopes and dreams, all your future expectations, and even the brokenness of your past. Prayer without faith is just words.

Prayer WITH faith, however, has the power to change things. The Bible tells us that when we pray according to God's will, He hears us and if he hears us, He will answer and grant our requests. What does that mean, exactly? How can we make sure our prayers are in line with His will?

Sometimes the answer is easy: if it will hurt someone else, if it's selfish, if it's ridiculous, or if we know it has nothing to do with His plan for our lives, it's not in His will. Ultimately, we only know what fits and does not fit by reading the Bible and spending enough time in devotion and prayer to understand God's plan for our lives.

Don't limit your life by limiting your faith---by being afraid to trust God with something really, really big. He's a great big God, and He is MORE than able to do great big things in your life when you are following Him, listening to Him, and trusting Him with all your heart. Yet, at the same time, you have to keep trusting Him, even if you don't get the answer you want when you want it.

While *Chronicles of Narnia* author C.S. Lewis' wife--the love of his life--lay dying of cancer, he continued to fast and pray, even though she was clearly fading away from him. His friends began to question his persistence. "Why do you still pray?" they asked him, and suggested God wasn't listening, or God no longer cared, or other such things--much like Job's friends tried to say to him when his own life came crashing down (read the Book of Job in the Old Testament). He replied "I don't pray because it changes God. I pray because it changes *me*."

QUESTIONS

1. What are examples of prayers that are not in God's will?

2. What are examples of prayers that are in His will?

3. What are your top three prayer requests?



LIFE IS HARD.
YOU NEED MORE
POWER. YOU NEED
MORE PRAYER!

PRAYER PRODUCES
POWER IN YOUR LIFE.

- POWER TO CHANGE.
- POWER TO STAND STRONG IN YOUR
CONVICTIONS.
- POWER TO STAND ON GOD'S
PROMISES.
- POWER TO SAY "NO" TO TEMPTATION
AND SIN.

Jesus' life was nothing more than prayer interrupted by miracles. He understood that prayer was where He would find power.

The saying is "Much prayer, much power. Little prayer, little power.

How do we pray? Here is how Jesus taught his disciples. Notice

the pattern for prayer: First, you begin by approaching God with honor for His holiness. Next, you pray for his will, not yours. Then your needs, then for forgiveness, then strength. Always end with praise.

The Lord's Prayer
(from Matthew chapter 6)

Our Father in heaven, may your name be kept holy.

May your Kingdom come soon.

May your will be done on earth,

as it is in heaven.

Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us.

And don't let us yield to temptation, but rescue us from the evil one.

For yours is the kingdom, and the power and the glory, forever.

AMEN!

The Lord's Prayer,
(Tony Rorie's paraphrase)

My Father, you are in Heaven and there is nothing like you, you are awesome!

I want your ways and your goals to happen right here on Earth, just like it's happening in Heaven.

There is nothing bad in Heaven.

Thank you for providing for my every need today.

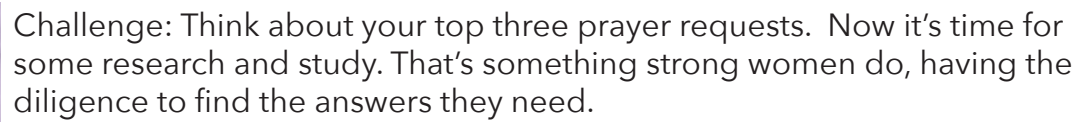
I forgive everybody, every little thing they've done wrong to me.

Please forgive me for every sin I've committed against you and others.

Help me to avoid every bit of sin and temptation, and every evil.

All praise, glory, honor, and future plans belong to you!

AMEN!

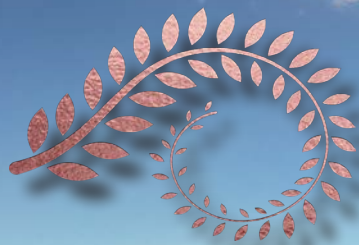


Next, confirm, by exploring God's word, that your request is really something that lines up with what God wants for you--that it is in his will.

You will discover that using God's word when you pray for your requests will build your faith and empower your prayers by reinforcing them with God's own words and promises. Journal about your needs, then watch and be amazed at how God works it all out!

UNSCRAMBLE THE SENTENCE TO REVEAL ONE REASON WORSHIP IS SO IMPORTANT.

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strong Habit #2

WORSHIP

WHAT IS WORSHIP?

WORSHIP IS A STRONG, PASSIONATE, AND BOLD WAY TO THANK GOD, TELL HIM WE LOVE HIM, AND EXPRESS OUR HEARTS TO HIM.

Worship is the habit that makes us powerful because we are filled with God's power. It's the real reason that God created us. We were created to worship Him.

When God is looking for a woman to bless, he looks for a woman who worships.

What is Worship?

Worship is a strong, passionate, and bold way to thank God, tell Him we love Him, and express our hearts to Him.

{When Worship goes up to God, blessings from Heaven come down to us.}

Worship may also be defined as attending a church service. The very best men are those who attend church regularly. Every Sunday and Wednesday is a great start to worship. When we attend church regularly, we allow God to speak to us more clearly through His word and also allow God's presence to "rub off" on us as we meet with God's people.

Worship transforms us from the girl we don't want to be, into the woman we want to be. It really helps turn us into the woman God created us to be.

There is a way to change from who we are to who we can be. Prayer changes everything.

What would it be like, if you had a special chamber that you could step into, turn on, and when you came out you were stronger, better, more blessed, happy, and changed every time? How great would that be?

If you could change things about your thoughts, your personality, your outlook on life, what would they be?

If you could change things about your present, what would they be?

If you could change things about your future, what would they be?

“WHATEVER GOD IS URGING YOU TO CLEAR AWAY CANNOT BEGIN TO BE COMPARED TO WHAT HE ULTIMATELY WANTS TO BRING YOU.” —BETH MOORE

GET INTO THE TRANSFORMATION CHAMBER DAILY AND BE CHANGED FOREVER.

EVERY WORD COUNTS. EVEN THE THINGS
YOU "SAY" IN YOUR VIRTUAL WORLD....

"MAY THE WORDS OF MY MOUTH AND THE MEDITATION OF MY HEART
BE PLEASING TO YOU, O LORD, MY ROCK AND MY REDEEMER"

—PSALM 19:14

If you really want to grow, and grow closer to God, it's time to remove some of the major obstacles that are keeping you from "walking the talk." It's not just the things we SAY in person, DM or Texting (yes, those count, too!). One area we often forget to address is social media.

What are you saying with the things you post? What are you saying with the pictures and videos you share? Are you saying things, even there, that you know would displease God?

How do we know what is displeasing to God? It's pretty black and white. If you you're not close enough to Him yet to feel in your heart when something is wrong, or you're not sure, do the Phillipians 4:8 test. Check your social media content (and pretty much everything you communicate) against these things, and then you'll clearly see them the way God sees them.

"...Fix your thoughts on what is:

TRUE, and
HONORABLE, and
RIGHT, and
PURE, and
LOVELY, and
ADMIRABLE.

Think about things that are
EXCELLENT and
WORTHY OF PRAISE."

CHALLENGE

Examine your heart, then examine your your social media profiles. Scrub them. Remove anything that you think would displease God. If it's mean, if it's immodest, if it's putting someone else down...delete it!



I CONFESS:

TODAY IS A GOOD DAY.

I AM FULL OF GOD'S HOLY SPIRIT.

I AM A WORLD CHANGER.

I AM BLESSED COMING IN;

I AM BLESSED GOING OUT.

I AM BLESSED WITH ALL SPIRITUAL BLESSINGS IN HEAVENLY PLACES IN CHRIST JESUS.

GREATER IS HE THAT IS IN ME THAN HE THAT IS IN THE WORLD.

EVIL WILL NOT COME NEAR ME;

NEITHER SHALL ANY SICKNESS OR DISEASE COME NEAR MY HOUSE, FOR GOD HAS GIVEN HIS ANGELS CHARGE OVER ME. THEY KEEP ME IN ALL MY WAYS. NO WEAPON FORMED AGAINST ME WILL PROSPER, BUT WHATEVER I DO WILL PROSPER.

I AM LIKE A TREE PLANTED BY THE RIVERS OF WATER. I LACK FOR NO GOOD THING.

MY GOD SUPPLIES ALL MY NEEDS ACCORDING TO HIS RICHES IN GLORY IN CHRIST JESUS.

I HAVE EVERYTHING I NEED IN ALL AREAS AND ABUNDANT TO ALL GOOD WORKS, FOR MY GOD HAS MADE ALL GRACE ABUNDANT TOWARD ME.

TODAY I AM FILLED WITH THE LOVE OF GOD.

I AM FILLED WITH THE JOY OF THE LORD.

I AM FILLED WITH THE PEACE OF GOD.

I CONFESS THAT ALL MY SINS ARE FORGIVEN.

ALL MY DISEASES ARE HEALED.

I AM PRESERVED AND STRONG IN GOD.

I AM CROWNED WITH HIS LOVING KINDNESS AND TENDER MERCY, AND MY STRENGTH IS RENEWED AS THE EAGLE.

I AM REDEEMED FROM THE CURSE OF THE LAW AND FROM EVERY SICKNESS AND DISEASE AND EVERYTHING ELSE UNDER THE CURSE.

I REIGN AS A KING IN LIFE BY CHRIST JESUS.

I HAVE BEEN WASHED IN THE BLOOD OF JESUS.

JESUS HIMSELF TOOK MY INFIRMITIES AND BORE MY SICKNESSES, AND BY HIS STRIPES I AM HEALED.

THE LORD IS MY HELPER AND I WILL NOT FEAR WHAT MAN CAN DO TO ME.

I HAVE THE MIND OF CHRIST.

I HAVE THE WISDOM OF GOD. I HAVE WISDOM FOR EVERY SITUATION.

I LET THE WORD OF CHRIST DWELL IN ME RICHLY AND I REFUSE TO WORRY.

I CAST ALL MY CARES ON HIM.

JESUS GAVE ME THE AUTHORITY TO USE HIS NAME. HE SAID WHATEVER I BIND ON EARTH IS BOUND IN HEAVEN. SATAN, I BIND YOU AND ALL THE FORCES OF EVIL. I DECLARE THEM HARMLESS AND INEFFECTIVE AGAINST ME.

JESUS SAID WHATEVER I LOOSE ON EARTH IS LOOSED IN HEAVEN. ANGELS GO, HEarken TO MY VOICE. BRING IN MY HARVEST TODAY.

THIS IS MY CONFESSION, AND I THANK YOU FATHER IN JESUS' NAME THAT I HAVE WHAT I SAY.

JESUS IS THE HIGH PRIEST OF MY CONFESSION.

Challenge

HERE IS AN EXAMPLE OF A SET OF DAILY CONFESSIONS THAT YOU CAN SAY OUT LOUD. "AS A PERSON THINKS IN HIS HEART, SO IS HE!" GET IN THE HABIT OF DECLARING GOOD THINGS IN YOUR LIFE EVERY DAY!!!

READ THEM -- SAY THEM -- WRITE SOME OF THEM ON CARDS OR POST-IT NOTES AND STICK THEM UP AROUND YOUR ROOM, YOUR LOCKER, YOUR NOTEBOOK ... ANYWHERE AND EVERYWHERE YOU WILL SEE THEM!

strong Habit #4

SCRIPTURE MEMORIZATION

Jesus said, "You shall know the truth, and the truth will set you free."

Truth alone will not set you free; it's only the truth that you know that will set you free.

King David, the Psalmist wrote:

"Your word have I hidden in my heart, that I might not sin against God."

The way that you hide the word in your heart is to memorize the scripture. Not hidden, like you live your life as if it isn't there. Think about if you were given a really huge diamond ring, and you were taking it home, through a scary crowded street at night. You would tuck it away safely, securely, somewhere under the layers of your coat and sweater, deep in your pocket, where you knew nobody could steal it. You would check constantly to make sure it's there, because it's the most priceless thing you could ever dream of having. Hide God's word in your heart like that.

When you commit God's word to memory, you are on your way becoming a world-changer, because you've let it into your innermost self, where it can change YOU.

The best way to memorize a scripture is to write the verse out on a piece of paper. Just write the first few words out at first and practice reading and trying to remember the first few words for a day.

The next day, add a few more words to that and practice saying the verse without looking at the paper every time. Finally, add the rest of the words and the verse numbers. Before long, you will memorize many scriptures!

Here are a few "gems" for you:

Psalm 37:4, 5 Delight yourself also in the LORD: and he shall give you the desires of your heart. Commit your way unto the LORD; trust also in him; and he will bring it to pass. Proverbs 3:5, 6 Trust in the LORD with all your heart; and lean not on your own understanding. In all your ways acknowledge him, and he shall direct your paths.

Jeremiah 33:3 Call unto me, and I will answer you, and show you great and mighty things, which you do not know.

Philippians 4:13 I can do all things through Christ which strengthens me.

Psalm 119:11 Your word have I hid in my heart, that I might not sin against you.

John 14:6 Jesus said unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Jeremiah 29:11 For I know the plans I have for you declares the lord. Plans to prosper you and not to harm you. Plans to give you a hope and a future.

II Corinthians 5:17 Therefore if any man be in Christ, he is a new

creation. Old things pass away, behold all things are become new.

John 3:16 For God so loved the world that he gave his only begotten Son. That whosoever believes in Him will not perish, but have everlasting life.

Galatians 2:20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.



Challenge

Keep all of these scriptures in a notebook that is always close to you, so you can read them over and over again until you have memorized them all. You will find that the more you study them, the more easily they will come to mind when you really need them for guidance or support.



Used together, they work to extend the rope and enable the climber to safely slide down it.

This is a perfect analogy for our character. Our safety from a fall back into the old ways is strongly dependent on God's grace, but the risks that we take with our physical, mental and spiritual connections will absolutely contribute to a fall. This is why discipline is so important.

Identify three habits in which you need to show more discipline. Write about each one, and how you could use some of these new strong habits to address each of those problems. Then, ask your leader to pray with you about these things.

[illegible]

YOU'VE JUST UNLOCKED THE SECRET TO CONQUERING YOUR CHALLENGES.

Prayer, combined with your commitment to do more, and be more like Jesus, you can put your old ways and habits out of your life for good. The old things you give up will be replaced by priceless rewards that can never be taken from you.

A wise man once said "Work like it all depends on you, and pray like it all depends on God."

In your private journal, write about how you can apply this statement to your life. Be specific.

This is the balance
that will take you
to higher levels
than you ever
dreamed existed!



FOUR KEY POINTS

- 1 CORE VALUES DETERMINE OUR DIRECTION IN LIFE
- 2 CORE VALUES DEFINE OUR LEGACY
- 3 CORE VALUES ARE DEMONSTRATED BY OUR TRADITIONS
- 4 CORE VALUES ARE INFLUENCED BY OUR FRIENDS

FOUR KEY VERSES

I. "AS A PERSON THINKS
IN HIS HEART, SO IS HE."
(PROVERBS 23:7)

II. "HOW JOYFUL ARE THOSE
WHO FEAR THE LORD!"
(PSALMS 128:1-4)

III. "YOU MUST COMMIT
YOURSELVES WHOLEHEARTEDLY
TO THESE COMMANDS...REPEAT
THEM AGAIN AND AGAIN TO YOUR
CHILDREN. TALK ABOUT THEM
WHEN YOU ARE AT HOME AND
WHEN YOU ARE ON THE ROAD.
WHEN YOU ARE GOING TO BED
AND WHEN YOU ARE GETTING UP."
(DEUTERONOMY 6:6-7)

IV. "WALK WITH THE WISE AND
BECOME WISE; ASSOCIATE WITH
FOOLS AND GET IN TROUBLE."
(PROVERBS 13:20)

Just as the name implies, core values are the values at the very core of who we are.

Like a compass, our core values lead us through the decisions we make in life. The core values we have will guide our thoughts. Our thoughts will determine our actions (and our attitude). Those actions, in turn, will determine our habits. Our habits will dictate our lifestyle, and our lifestyle will determine our destiny.

A woman's destiny is determined by her core values and habits that she creates.

When we set our core values, we set the course for our life. If we don't define our core values, something-- someone--else will.

You may have heard this: "If you don't stand for something, you will fall for anything." Nothing could be truer. The big question you should be asking yourself is "what do I stand for?"

Ideas and philosophies come and go, social revolutions, things and people being redefined...

Let's face it--people, society, the world in general are all very unstable and unpredictable. That's because of the lack of core values, true values that are supposed to be the stabilizing factor in people's lives. They are depending on their OWN

definitions of right and wrong, truths and myths, so everything is just all over the board. No boundaries. No limits. No values. Nobody knows which way is up!

Think about a compass. It is designed to point NORTH, whichever way you hold it. Somehow, it always knows where true North is.

God's word is true North. He has the final say on what is right and wrong, and will judge everyone according to what his word says, not what they feel like it should say. We need his help to find the right way. We need some absolutes in our life to be stable.