

## **SESSION 9: FINISHING STRONG**

### **Welcome, Review Study/LIFE Starter Journaling: 20 minutes**

Review your **SMART Goals** and think about strategies for YOU that will make them into reality!

### **Session #9 Reflection/Feedback: 15 minutes**

**Reflect back on this program and talk about how your perspective is different:**

- What is MORE important to now?
- How has God's purpose for YOU been revealed through this study?
- What are the radical changes you need and how will you execute these changes?

Remember, moving forward, set yourself up for success, not failure. If you just walk away and hope you'll remember everything you've learned, you'll likely slip right back into your old patterns. Look at the SMART Goals you created and measure success regularly. Even create a scoreboard to help you stay consistent and moving in the right direction. Commit to accountability and adjust as needed and redefine your goals and expectations often. Perhaps you should print your values, quadrants and anything else that spoke to you in this study so you can remind yourself often of what God has called you to.

**Walk in integrity as the verse below challenges you to do:**

All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.

**Matthew 5:37 (NIV)**

### **Final Group Discussion: How can this study be improved?: 15 minutes**

- What are the top THREE takeaways from this study?
- What about this study could be improved to have MORE IMPACT?
- Was the LIFE Starter Method of Journaling helpful and did you actually do it? Why or why not?
- Would you refer others for this study? Why or why not?
- Are you ready to participate in the NEXT LIFE Study?