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*Galatians 6:9; Daniel 6*

1. Much of what you normally do is not a result of conscious Choices but of daily Habits

* 40% of actions you take in any given day are not a result of Decisions but are a result of Habits

2. Goals do not determine success; Systems determine success

* You do not Rise to the level of your Goals; you Fall to the level of your Systems
* What was it that Made Daniel who he was? A System

3. Never underestimate how our God can start something Big through one Small habit

* What is something you do every day that is Hard for you? It will indicate that you are Disciplined
* To be Close to God, you must have some Disciplines in your life

4. What is the Significance of a Keystone Habit?

* There are certain habits in life that, when you have them in Place, they help Propel you on to other helpful, God-honoring disciplines

5. Based on who you want to Become, what One habit do you need to start?

* Key: It is better if it is not Big. Start Small
* We All have systems. You either have systems by Intent or by Default
* Habit Loop: a Trigger or Cue then Action, Reward and Repeat

6. How do we Start a New Habit?

* Make it Obvious and make it Easy

Successful people do Consistently what other people do Occasionally

We don’t have Goal problems; we have System problems

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