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From the Bottom to the Top Worksheet

What are you taking from the bottom to the top? Let's use this study of Exodus to make something better in our lives! Nine areas to consider are below. You do not have to work on EVERYTHING right now. My encouragement to you is to simply select SOMETHING and let's see how our gleanings from the book of Exodus empowers us to make progress in whatever we're determined to make better. Feel free to add to the list.

1. Finance

- Save \$_____ by dd/mm/yr
- Raise credit score from _____ to _____
- Increase my annual income to \$_____ per yr by dd/mm/yr
- Earn \$_____ in the next 12 months
- Create _____ more streams of income by dd/mm/yr
- Eliminate \$_____ of debt by dd/mm/yr
- Invest \$_____ in _____ by dd/mm/yr
- Donate \$_____ to charity (above my tithe) annually

2. Physical Health

- Lose _____ lbs. by dd/mm/yr
- Fit a size _____ by dd/mm/yr
- Exercise _____ minutes _____ times per wk
- Lower my blood pressure
- Lower my cholesterol
- Join a local gym
- Hire a personal trainer

3. Emotional Wellbeing

- I will be happier/more joyful
 - Reading books on happiness has helped me tremendously. I highly recommend this for anyone who wants to be happier/more joyful.
 - I also recommend meditating on & memorizing what the Bible says about joy and peace.
- I will regularly practice meditating on the Word of God day & night
- I will have better reactions (slow to anger, etc.) and make better decisions
- I will speak more positively and encourage others
- No more self pity. Cancel all future pity parties...in Jesus' name!
- I will be more confident & pursue what God has in store for me as if I know I could not fail
- I will be more persistent and patient as I pursue the things of God
- No more worry, doubt, and fear robbing me of joy and peace
- I will see a licensed, professional therapist once before the end of the year for an emotional checkup. (We tend to get physical checkups annually. It may help us to do the same for our emotional health. I have challenged many UGMBC leaders to visit a therapist once before 12/31/14. Let's feel better!)
- I will open up and talk to _____ when I feel down or depressed, especially if I have thoughts of hurting myself.

4. Relationships

- Spouse
- Child(ren)
- Parent
- Sibling
- Friend
- Enemy(ies)
- Colleague/boss/subordinate
- Baby mama/daddy
- I will improve my listening skills by _____
- I will forgive _____ for doing _____ to me.

5. Spiritual Growth

- Learning
 - Increase faith, love, hope, etc.
- Serving
 - I will let the Lord use me for His glory!
 - I will serve in the right place in my church
- Giving
 - I will tithe unto the Lord
 - I will give as the Lord has prospered me
- Connecting
 - I will introduce myself to ____ in the next _____ days/wks
 - I will connect with saints who strengthen me and hold me accountable to living holy and walking in victory!

6. Ministry

- I want to _____ for Christ, but _____ is holding me back. I will overcome it by doing _____.
- I will bear more fruit for Christ by learning how to _____
- I will bear more fruit for Christ by acquiring this skill _____
- I will serve on a foreign missions team in the following country _____
- I will commit to _____ ministry @ UGMBC
- I will share the Gospel with _____ people every week

7. Time Mgmt

- Improve time management skills
- Identify & eliminate time wasters
- Expose my mind & spirit to _____ while I'm in the restroom, waiting room, in my car, etc.
- Spend _____ minutes a day of uninterrupted time in God's Word studying _____.
- Volunteer _____ hrs per wk with the following organization: _____
- Reduce amount of time watching television
- Reduce time on social media
- I will have more fun by _____!
- Devote more time to your favorite hobby/hobbies

8. Career

- Networking
Get out and meet people! Who needs to know you? Where are they?
- Create a business plan
- Marketing
Leverage social media to your advantage
- Personal development

9. Personal Goal

- Start a business
 - Secure a business license
 - Secure a small business loan
 - Secure investors
- Create a website or blog
- Publish a book
 - Start writing! Block out the time to write and just start writing
 - Research publishers if you're going to self-publish
 - Build your platform. Use social media, generate a newsletter, develop a following
 - Develop a marketing plan. Selling a book is harder than writing one.
- Write and/or record a song/album
- Return to school & get that degree!!!
- Sell your artwork, food, clothing, apps, etc.

- Make your goals SMART & write them down!
 - Specific
 - Measurable
 - Attainable
 - Relevant
 - Time-bound