

# MULLIGAN

## How to Start

**JANUARY 14, 2024**

We don't become who we are by accident. We become what we repeatedly do. Do not underestimate what big things God can do through a small habit.

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### MESSAGE NOTES AND HIGHLIGHTS

- Your life is the sum total of all the small decisions you make.
  - "Our habits make or break us. We become what we repeatedly do." | Sean Covey
  - Who does God want me to become?
  - If you believe that God is love, you can trust God to lead you to the best version of yourself.
  - "You don't rise to the level of your goals; you fall to the level of your systems." James Clear, *Atomic Habits*
  - Do not underestimate what big things God can do through a small habit.
  - Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before. | Daniel 6:10
  - A keystone habit is a habit that has a ripple effect on the rest of your life. It's one domino that knocks down several other dominoes.
  - To become who God wants you to become, what is one simple habit you can start now?
  - The Habit Loop: cue, routine, reward.
  - To start your habit: Get specific and small.
  - Think of your cue and action: Make it easy and obvious.
  - "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things." | Matthew 25:23
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### DISCUSSION QUESTIONS

1. What are some actions/habits in your daily routine that stand out to you as particularly helpful (or particularly not helpful)?
2. What systems do you have that are working well? What systems might need some work?
3. What is a keystone habit you have that has a ripple effect into other areas of your life?
4. Based on who God wants you to become, what's one simple habit you can start now?
5. How can you break that habit down into something small, specific, and easy?