

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 115 - Quitter’s Day

Friday, January 13th, is Quitter’s Day. But having “One Word” will drive your day and give you focus to make sure every day counts...and that you don’t quit. This Three-Step process is based on the book, One Word That Will Change Your Life by authors Jon Gordon, Dan Britton, and Jimmy Page. It’s effective because, as the authors suggest, the process allows your word to find you.

Step One: Look In. Prepare your heart by looking inward. Ask your heart these three questions that will reveal your “why” behind your word. The authors say, “Discovering the why happens when we look at our past, our present, and our future. What are the past circumstances you need to learn from? What is your current reality? Where do you want to go from here?” All of these play into discovering your why. So, take time to do this intentionally.

1) What do I need? This is what you truly need; the areas in your life that need the most change and why.

2) What is in my way to getting what I need? Here you are looking for obstacles that are preventing personal growth. You might find that the only barriers to having what you need are in your mind.

3) What needs to go? Sometimes we’re held hostage by past mistakes or pain, bitterness, and lack of forgiveness. Words like “should have” or “could have” prevent us from moving forward. Identify those things that are keeping you from making progress.

Step Two: Look Up. Ask the Lord to show you your word. God has a word that's specifically for you. It's purposeful and personal to what God wants to do in and through you. Boldly, with confidence and expectation, ask God to reveal *your* specific word that's just for you.

Now, tell Him you're paying attention and are looking for that word. And really pay attention to His still, small voice. Listen closely. Keep your eyes open. He's always speaking. It's possible you'll find your word all around you.

What word or words are coming to mind that you might consider or "try on" as your daily focus?

Step Three: Look Out. To find out how you would live out your word, consider your past, present, and future. Do this section for each individual word you're "trying on."

4) The word I'm "trying on" is: _____

5) How does this word relate to your past? (Go back to the Podcast to listen to my example if needed.)

6) How does this word relate to your present?

7) How does this word relate to your future?

8) What are some examples of what it would look like, practically, for you to live out this word daily? (Ex: My word is "Life," and daily I could celebrate life, speak life, honor life, enjoy life, live a full life, etc.)

Having a focal word that you can live out each day is the way you're able to avoid being one of millions on Quitter's Day. Your "One Word" will transform every single part of your life! Don't forget to make it a habit to note *how* you lived out your word each day. This will make the practice stronger and more meaningful. Praying you have an extraordinary 2023...one day at a time!

Friend, if you'd like some help getting this New Year off to a great start, I'd love to be your Life Coach. Feel free to email me at coaching@triciazody.com so we can explore this further.