

TRICIA ZODY
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 114 - 8,395 And Counting...Down

The coming of a New Year is an opportunity to recalibrate ourselves or reground ourselves to our convictions and what we believe, to our desires, and to what we want to create in the world that leaves a legacy footprint. We have endless possibilities of making every day of the year count. And we should, because our life is fleeting. Our days are counting...down.

The average life expectancy of a white female in the United States is 81.1 years? For a white male, it’s 76.1. Life expectancy is affected not only by ethnicity and gender, but also by personal decisions and health conditions. You can check your own life expectancy by taking a quick survey. Click the link below, or copy and paste the website address into your browser:

<https://www.blueprintincome.com/tools/life-expectancy-calculator-how-long-will-i-live/>

1) What is your life expectancy in **years**? _____

2) How many “expected” **days** are left in your life? (Years minus current age multiplied by 365)

Psalm 90:12 says, “Teach us to number our days that we may gain a heart of wisdom.” It’s a petition by the psalmist to have a right understanding of just how fleeting life is. And it’s stated with the belief that to have this understanding brings wisdom to the heart.

You may be able to recognize the times when your attitude or thinking has caused you to waste your days. As I shared in the podcast, I wasted days in self-pity, or worry, or anger; days that I stewed over something or wrung my hands.

3) Looking back, what have you been doing or thinking that has been wasting your days?

If every day is a gift, you need to make each day count. Focusing on one word would calibrate you back, allowing you to easily determine if you made that day count. Authors Jon Gordon, Dan Britton, and Jimmy Page of [One Word That Will Change Your Life](#) say, “The simplicity of choosing one word makes it a catalyst for life-change. The book explains how your one word will impact the six dimensions of your life—mental, physical, emotional, relational, spiritual, and financial.”

4) What is one (or more) word(s) that would serve as an indicator for making each day count?

5) What are some examples of things you could do with that word as your focus each day? How would you know you made your day count? For example, if my word was “connection,” then I could say I made the day count if I was to make one or more loving connections with people...or even with myself...or with God. Do this with each word if you chose more than one.

6) How do you think that would change your life and the way you feel about living your life each day?

Having a sober understanding that each day is a gift and that you’re not promised tomorrow even - that your days are numbered and that might not even get you to the average life expectancy - having this understanding will make you very purposeful about what you do with your days; what you do with your life; what you do with your money; what you do with your relationships; what you do with your spiritual connection to your Creator.

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.