



Happy New You!
Presenter: Jim Hammond

Talk It Over

Habits

Week 1:

"Happy New You!"

I. Successful people do _____
what other people do _____.

II. Three Reasons We Don't Succeed

A. We focus on the _____ but don't
understand the _____.

B. We don't see progress _____
enough.

C. Our distorted identity
_____ our success.

SMALL TALK

1. If you could wave a wand and make this year different from last year, what two or three things would you magically change?
2. What's one new habit you want to start? What's one old habit you want to stop?

VIEWPOINT

3. **READ Romans 7:15-25.** How can you relate with the Apostle Paul? How has the power of Jesus set you free from this cycle?
4. **READ Romans 6:6-7, 18.** How does this affect our identity? How does knowing our identity affect our actions?

GETTING PERSONAL

5. Which is more difficult for you: making a habit or breaking a habit? Why do you think that is?
6. What's a positive behavior you do occasionally that you'd like to do consistently?
7. Use three words to describe the kind of person you want to become.
8. What's a "who" goal that you want to put into place this year? What are some systems that would help you reach it?

MAKING PROGRESS

9. One of our core statements is: "Do First Things First." What important things are consistently part of your system? What important things have you been doing only occasionally (i.e., these are not as automatic, or systematic as you want these to be)? What can you do to make these small training practices more systematic?

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