



5 Good Reasons to Set Goals For 2017

Episode #260

Ray Edwards: Ray Edwards Show Episode 260. Five Good Reasons to Set Goals For 2017 Even If You Hate Goals Setting. I hate goal setting.

Automated voice: The Ray Edwards Show. Live your destiny by design, start, run and grow your own internet-based business and create a life of your dreams. You can do it. This is the Ray Edwards Show.

[music]

Sean: Yes. Welcome, welcome, welcome to the Ray Edwards Show. It's another beautiful day in Spokane Washington.

Ray: It is beautiful. It's a chamber of commerce day.

Sean: It is just the kind of the day that you wake up hoping that when you open your blinds, this is the kind of day it will be.

Ray: I wish all my friends could be here from all over the world.

Sean: Yes and they could be just jealous of the climate that we have.

Ray: I wish I could say all of those things.

Sean: Me too, because I'm lying.

Ray: Yes.

Sean: It's gray, wet, and cold.

Ray: Kind of miserable.

Sean: Yes.

Ray: I'm searching to see the beauty in it.

Sean: Yes.

Ray: Because I'm in control of my thoughts.

Sean: Yes, and we live here.

Ray: We love it.

Sean: Where they got to get busy living.

File name: REP260.mp3.docx

Ray: Or get busy moving.

Sean: Moving. Which, we'll just leave that there.

Ray: Okay. On episode 260, 260 episodes.

Sean: Two hundred and sixty episodes, only a hundred more and you will have gone--

Ray: Full-circle.

Sean: Full, not full-circle. I'm saying that even though it's only once a week, it will be one episode a day for a year if someone really wanted to pinch through.

Ray: We could just role them out over the course of a year.

Sean: We could just-

Ray: Once it get to 365, we'll just play them all in a row.

Sean: Yes. We'll just start them over and know one will know.

Ray: Except now we told everybody our plan. Oh, goodness. Coming up on today's show we got a free e-book on the eight strategies successful people are using now to accomplish more next year. That sounded pretty neat to me. I've actually read this e-book twice now.

Sean: Oh, aren't you hoity toity?

Ray: Maybe not as hoity toity as you think. I'll explain more. Why I believe it's proper for Christians to set goals? It's even our sacred duty.

Sean: Oh, don't start talking about the sacraments.

Ray: That's not what I was talking about, but that would be interesting. Are the sacraments for today. Okay moving on. Of course, then we're going to cover the Five Good Reasons to Set Goals for 2017, Even If You Hate Goal Setting. That's all coming up.

Automated voice: Putting first things first and creating prosperity with purpose. This is spiritual foundations.

Ray: All right. There are a lot of Christians who believe that goal setting is bad. The argument for this belief usually comes from the book of James in the New Testament. It will be cloaked in things like "It's just proud of you to do that and you shouldn't be so focused on your own desires. That's selfish." Eventually, when you try to pin folks down who have this opinion they will go to, very rightly if I held this position this would be my anchor scripture. James 4:13-16 which says, "Come now you who say today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit, yet you do not know what tomorrow will bring. What is your life, for you are a mist that appears for a little time and then

vanishes. Instead you ought to say, "If the Lord wills, we will live and do this or that." As it is you boast in your arrogance. All such boasting is evil."

Sean: You know that James, he could be a real encouraging person sometimes.

Ray: Yes. He did tend to be a little--

Sean: I think a lot of people would refer to him these days as a hard liner.

Ray: Yes.

Sean: He'd probably be appointed to Trump's cabinet.

Ray: He was the brother of Lord, we think.

Sean: I'm not saying it's bad. I'm just pointing out.

Ray: I think it's a good illustration that there's a need for different personalities in the church. Let's talk about what James says here because if you just had that verse or scripture to go on.

Sean: Man life would suck.

Ray: I would say, you're right. We should not set goals. We should not ever say, "I'm going to go do this or that next week." because we don't know. People who hold this view that goal setting is wrong, usually offer it as an argument to the idea that they're free to be lead by the spirit. They want to be sure that they're open to God's will which is good. There are at least three incorrect presuppositions embedded within that position though. If this is your belief you are assuming the following things.

First, your feelings and prompting are the one and only infallible way of accessing God's specific plan and will for any situation. You can only trust those feelings of yours to know when you are in God's will. Hello, scary cult leader. Our emotion are important for relating to God and what he is saying but they don't rule over everything else.

Sean: No.

Ray: Cause that would be.

Sean: Bad.

Ray: The animal kingdom.

Sean: That'd be bad.

Ray: Yes. I think we've got examples in history of bad things happening because of this idea.

Sean: I think we have examples of bad things happening right now because-

Ray: Yes we do.

File name: REP260.mp3.docx

Sean: We got to try to keep this off of politics.

Ray: It's going to be tough. Even Jesus experienced this. In the Garden of Gethsemane, the night before his crucifixion he was emotionally, we would say in today's language, freaked-out. He asked God to spare him from the horrors that lay in front of him. I mean that really happened.

Sean: Yes.

Ray: Let's acknowledge that. He said, "Please. If there's any way let me out of this. I know I agreed to it but now it doesn't seem like such a great idea." He was emotionally distressed, he ultimately conceded not my will, but yours. Pause. Notice he did not say, "If it be thy will.", he said, "Not my will, but yours." He knew what God's will was. There's a question how did he know that but we don't have time to dig into that but he knew.

He was acquiescing and saying, "Not my will but yours." Emotionally he did not want to go through what was coming but he knew it had to be done and he did it. The first presupposition is you can't just base your actions on your feelings about what the spirit wants you to do.

The second presupposition that those who are against goal setting for Christians make is that, the Holy Spirit only leads us spontaneously, that he never leads us to make plans. I went through this. I was doing a lot of speaking in churches and church groups for a while and I had a habit of preparing some notes before the talk and then when I got up to the pulpit, not all places that I went had a pulpit.

Sean: No. That question though, is a pulpit a pit that you go into where people pull on you or do you pull on things in a pit?

Ray: You pull on things and I don't know where I'm going with that. I don't know the etymology of that word but back to my point and I do have one. I realized-- I didn't even finish my thought, I would get up in front of the group and I would suddenly give a whole different talk and I felt that the Holy Spirit had led me to just talk about something different and I had that belief. I started just showing up to places not prepared.

I just thought, "I'll find a couple of verses that are high-lighted to me and God will inspire me and I will speak." At some point I had this realization that, well, the Holy Spirit can lead us to plan for things. If he can know what I'm supposed to say a minute before I step up in front of the group, he also knows what I should say a week before or a month before.

That's not a valid reason for not planning. It's not supported by scripture. Paul made plans. Just see Romans 1:13. The early apostles made plans Acts 6:1-3. Jesus made plans. Look in Matthew 10:5-15.

Finally, those holding the no goal setting view are disregarding the fact that we also hear the voice of the Holy Spirit through another source, it's called the Bible. The Bible makes it clear that we can receive fresh revelation from God through his

written word. I've got a couple of references in the show notes, I will keep on quoting them. For those who are not looking things up previously in your Bibles, your listening to this podcast you're like, "Move on, already." Just go to the notes you can find all the scriptures that back up my infallibly correct position. It's my humble but accurate opinion.

It's good for Christians to set goals. I believe-- here's what I believe in and check me on this, Sean. If you have some push back on this I'm willing to hear it but I believe that just like we are supposed to be good stewards of our wealth and our possessions, we're supposed to be good stewards of our life. We're supposed to figure out why we were made, what our purpose is, what are desires are, that God planted in us, that are consistent with his word and then it's our responsibility once you realize what we're capable of, what our capacity is, it's our responsibility to fulfill that capacity to the best of our ability.

To me it seems like you need to have a plan to do that. That's why I believe Christians should set goals.

Automated voice: Simple hacks to make cheaper, easier and faster. Ray's tip of the week.

Ray: Every time I want to make up a song for this segment music and every time I try it doesn't work out really great.

Sean: No.

Ray: I mentioned this ebook earlier, there's more than 30 sort leaders, influencers and high achievers, all they have come together and share their top strategies for starting off the year with a bang. Their best thoughts on, how do I get the most out of the coming year? You will recognize most of the names because they include multiple best-selling authors, speakers and leaders at their respected fields and somehow I snuck in there too. I'm I mentioned a couple times.

That's not the only reason I read it, just to see my own name. For those of you who are mocking me right now, if you've ever written anything that was printed somewhere else, published somewhere else, don't act like you didn't go back and read it more than once. Don't act like you don't go every now and then look and say, "There's my name on the Inc. Magazine site--"

Sean: A complete rabbit trail.

Ray: Oh, good.

Sean: I read a quote or a little script, a little story from Patrick Stewart. Hey, did you know that he didn't think he'd make it through the first season of next-generation?

Ray: You're kidding.

Sean: No. He didn't think. He's like, "God, they got to be kidding. I'm not the right guy for this." He lived out of his suitcases for like the first-- I can't remember how many episodes because he was sure he was going to get the axe.

File name: REP260.mp3.docx

Ray: That's not a very positive mental attitude.

Sean: No. It isn't. And he said people ask me-- it's like one of the few things, he said, I actually watch the show. A lot of people won't watch the stuff that they're in. He is like, "But I was in a hotel recently and I was watching an episode I had no memory of this episode at all." [laughs]

Ray: That makes me happy on two levels, number one, because he watched himself, I've done it. Number two, because he had no memory.

Sean: He was just like, "I don't remember this episode at all."

Ray: I actually was going to write a piece this week. I had an idea write to this piece - there's no need to go into the details but I wrote it. Then after I finished it I read over I was like, "This is really good." But suddenly, I have a memory and I searched on my blog and I found the same piece. Almost exactly the same, was written two years ago. I don't know what to make of that. This is weird.

Sean: Any way back to the-

Ray: The ebook.

Sean: -the ebook.

Ray: It's called *Achieve What Matters in 2017*. It's put together by Michael Hyatt. He was able to get all these super fancy people and me to contribute to the book. There's people like Tony Robbins, John Maxwell, Dave Ramsey, Marie Forleo, Andrea Andy Andrews, Jeff Walker, Amy Porterfield, Lysa Terkeurst, Andy Stanley, Chalene Johnson, Lewis House and a whole bunch of other people. You can get it all by going to rayedwards.com/2017ebook.

There's a link in the show notes, if you want to go there just click on it but you can just type it in rayedwards.com and then put a slash and put 2017, numerals, 2017 then the word ebook all on lower case letters. That will take you straight to get the ebook for free. It's a PDF and it is really good. As we get closer to starting the new year, this thing couldn't be timed any better. I think the insights are pretty invaluable.

Of course, reading and stuff I was like, "Oh, I wish I said that differently." I don't know if I'm the only person that happens to but everybody else is brilliant. It's really a helpful book. I picked up some helpful insights and just different things were highlighted to me than the last time I read this ebook.

I highly recommend you get it and then be looking for the Free Life Score App that Michael is going to be releasing Wednesday the 30th. That's the day after tomorrow. If you're listening to this on the day we release it, which is Monday the 28th. That's today, the day we're releasing this podcast.

Sean: Sure.

Ray: It's going to be the day after tomorrow, the Life Score App, will be released. What that's all about is-- think of it this way, what if life was a video game and you

File name: REP260.mp3.docx

could score yourself on how you're doing. Even if you're not competitive or even you don't like video games, what if you could have a score on each area of your life. Not that somebody else gives you you score yourself. You set the standard, you put the numbers in, you track everything and you can measure yourself in areas that matter the most, so that you can improve if you want to.

Nobody is telling you you have to do these things, but this is like your custom-designed video game of your life. That's what this app is like. If you're not on our email list, then get signed up today so we can notify you when this is released on Wednesday, or you can go to-- on Wednesday this won't work before then, but on Wednesday you can go to rayedwards.com/lifescore, L-I-F-E-S-C-O-R-E, and that will take you to the app. It's totally free. There's never a charge for it. It's really cool. So, lifescore. Be looking for it, it's going to be awesome.

Automated voice: And now, our feature presentation.

Ray: All right.

Sean: Okay-dokey.

Ray: This is the part you've been waiting for. I might ask you to-- I'm going to ask you to weigh in on this a little bit. Goal setting is something that I've done a lot of. I've been through a bunch of different goal setting programs. I don't know if you were conscious of this when you were young. When you were a kid, when you were nine or ten years old, did you know that I set goals and did that kind of stuff?

Sean: I don't think I had a frame work for understanding goal setting at that point but I did know that you listen to a lot of Tony Robbins.

[laughter]

Ray: It's so funny and one other guy-

Sean: Oh, Casey Kasem.

Ray: Yes. Because we used to take these long trips every weekend, it's like an hour and a half there, an hour and a half back and that's what we listened to. I didn't realize how much you did not like that until you got older.

Sean: I didn't mind the drive. It was the--

Ray: The [unintelligible 00:18:25].

Sean: It was a flurry of things. It was the Casey Kasem which was just like wanted to put me to sleep but wasn't music and stuff I was interested in because I was like 10. It was those hot vinyl seats that your legs would stick to, my legs would stick to in the Toyota, was that Tores?

Ray: No, was Toyota Tercel.

Sean: Not Tores, Tercel, right. There was vinyl seats and my little kid legs, they would hang off of them and my knees would stick like the back side of my knees my legs would stick to the seats.

Ray: I was a terrible father.

Sean: You were. We live in those long drives listening to--

Ray: Tonny Robbins.

Sean: Or Casey Kasem, my legs are sticking and that was it. It was the whole thing.

Ray: I can see how that went. That would have been great. Where was I headed? Oh, goal setting. Even as you grew up though you did not get into goal setting. We had a discussion about this, I think it was two or three years ago. I picked up a new goal setting program which I was super-excited about, we're going to talk about that a little bit later. I was trying to get you and your mom to jump on board with me and, "Let's set goals as a family." and your response was?

Sean: We weren't too happy, we weren't too excited about it.

Ray: I think a lot of people feel that way. This is for you, if you feel like you hate goal setting, these are five good reasons why you should set goals anyway- This is not my passive aggressive way of talking to you about this, Sean.

Sean: Okay.

Ray: We've long since resolved that. I just wanted to make that clear. Reason number one, you have goals already. Everybody does have goals. A goal is simply something you've decided that you want it happen in the future. Most of our goals are set subconsciously and they're dressed up in phrases like "I wish that I could." or "Some day I want to--" Wouldn't you rather set your goals consciously than unconsciously?

Even if it was just as simple as saying "Well, here's three things I want this year." I think writing them down at least is more powerful than just letting them float in your head as abstract concepts. If you try to pretend that you don't have any goals, I think chances are you're just trying to protect yourself from feeling or looking like a failure, that's part of it. I went through a period. I don't know that I've ever confessed this to anybody, I'm doing it here in public.

Sean: Oh, that's great. It's always a good place to do it.

Ray: That's what I do. I don't need a therapist because I do my therapy publicly then I get feedback on it in the comments.

Sean: Like I do, being called a "intolerant white privilege liberal", which is really funny.

Ray: Yes, it is really funny, but people have to know you in order to-- and they have to actually read what you write to know that's a ridiculous assault on you. There are other ways to argue with you intelligently, that is not one of them.

Sean: That is not one of them.

Ray: I went through this period, not that long ago. This would be four-five years ago, where actually was feeling like, "I don't want to set goals anymore. I'm tired of being disappointed" because I would set the same goal year after year, after year and I would not achieve it. I had journals that had these goals in them, if I really wanted to humiliate myself I could get my journals and go back and look at my goals every year of the last ten years and feel really bad about me, so I understand it.

It is a good reason, I think, to be careful about who you share your goals with. There are those who say you should share your goals everybody because it puts pressure on you, positive pressure and I think there's something to that in certain cases, but I would never share all of my goals. I have been very open about my goal setting for the last two or three years and I've shared a lot of goals publicly on this podcast and in speaking engagements and other places, but I didn't share everything.

I have goals that nobody knows about but me, well and you guys, you and your mom know all my goals. I think you do need to be careful about not sharing everything with everybody, that's not a good idea, because for no other reason than people will often try to shoot you down, especially if you're trying to do something that's going to make them look bad. If you live in a house full of people that are three hundred pounds overweight and you suddenly announce you're going to start eating better and exercising every day, you are not going to be met with a lot of enthusiastic support.

Sean: No. In fact, you're probably met with resistance. People trying to convince you it's a bad idea.

Ray: Here's some pecan pie, honey, have this.

Sean: I remember I was at a friend's house and we were in junior high and we were going to be doing with the youth group, thinking about doing a program they called a 30 hour fast which was just supposed to be this Christian youth group, we fast for 30 hours, hang out for 30 hours together. I can't remember what it was for but it was a youth group thing and I remember going over to my friend's house and you should know about my friend is I love them, but they were all morbidly obese, all of them. We were talking about it--

Ray: About the fast?

Sean: The mother said to her son "I don't know, going 30 hours without eating seems unhealthy."

[laughter]

Ray: I'm sorry, I was--

File name: REP260.mp3.docx

Sean: I know it's so mean but [laughs]

Ray: Well, that's probably true unless you have thirty days worth of supplies on board.

Sean: Or more.

Ray: Oh, my God. Okay, the number one good reason for setting goals for 2017, is you have goals already you might as well articulate them. At least be honest with yourself about what your goals really are. Because reason number two, it's a cliché, but there's a reason things are clichés. Usually, it's because they contain a lot of truth. If you fail to plan then you are planning to fail.

Think about the airline pilot, who's going to fly you to Hawaii. Which pilot would you rather fly with? The one who comes on board and says "Well, I've carefully charted everything in the flight computer, I've checked the radar, I've checked the weather, I've checked the reports from pilots who've been that way today. I've double checked all the instruments on the plane, I've set our course, I've plotted exactly how long it's going to take us to get there, I've calculated our fuel, I've planned it down to the nth degree.", would you rather fly with that pilot or the pilot who comes stumbling in after a night of partying with a silly hat on his head and says "Well, I think Hawaii's that way. Let's go everybody."

Now I'm being outrageously unfair for a reason. It's obvious that if you don't have any plan then you're not likely to achieve the goal that you're after, even if it's not something as serious or as critical as a flight to Hawaii. It could just be as simple as - you could start off the new year thinking "I'd sure like to have enough money to pay for Christmas next year without having to go into debt." If that's all that ever happens, if you just say "I'd sure like to" and you don't do any planning, then you pretty much have planned that you're not going to have enough money for Christmas next year. If you fail to plan you plan to fail.

Reason number three, to set goals for 2017, even if you hate goal setting. Goals can keep you moving forward even when it's tough. Undoubtedly, we decide on something that we want and there are going to be things that pop up that make it difficult to achieve. It's pretty rare that anything we set as a significant goal, I'm not talking about "My goal is to go to target." So, I get in the car and drive to target.

Usually, that works out okay without a lot of pre-planning, most of the time, but if there's anything more significant than that like "We want to take a family vacation in June." or "We want to have money for Christmas." or "We want to eliminate debt." or "I want to lose twenty pounds." or whatever, any kind of significant goal is going to take some real effort.

If you don't have a commitment to the goal, you're going to have things that pop up, like you're going to go to your friend's house that they're all grossly overweight and they're going to try to convince you to eat pecan pie and corned beef hash and five buttery biscuits for dinner when you're supposed to be on a fast. You've got to plan for those challenges to come up when it's tough, what's going to keep you going.

If you have goals written down that you're aware of, "Well, I've got a goal. My goal was that this month I've got to lose eight pounds or even to ratchet it down. Let's move on to the next one because this fits perfectly.

Reason number four, having written measurable goals keeps you accountable. Now, this is one that I actually really saw the practical nature of when you introduced me to an app for tracking what I eat. You had a goal that was measurable, was specific and you kept track of it on a daily basis. Can you tell that story?

Sean: Yes, I found out about this app and I needed to lose weight and for a long time I resisted the whole calorie counting thing because of all the headlines and stuff you read about "No need to count calories, just eat these three things and you'll be fine."

Ray: We're not pandering to your lazy nature, I'm telling you this.

Sean: No, not at all.

Say: It's science.

Sean: And so I tried a few of those things and I'm sure that they could have worked now that I know what I know now, but getting started what I needed was an objective reality to stare me in the face because I was doing what I would call too fuzzy math or fuzzy budgeting or no, voodoo, voodoo budgeting, that's what I called it. It was voodoo calorie counting and voodoo budgeting, very similar things.

One thing on the side note, you and I've noticed is that your ability to control what you eat appears to be intricately connected to your ability to control what you spend. I know it's true for me.

Ray: Yes, it's definitely true for me.

Sean: For some reason there is a connection there that those things appear in most people to run in tandem.

Ray: Now that would be an interesting episode all in itself.

Sean: Yes, but anyway so you start entering your calories and suddenly you know what you did before was "Well, you know, I had a yogurt for breakfast, I had that healthy burrito for lunch"

Ray: That's probably a couple hundred calories for breakfast, maybe 400 for lunch.

Sean: But you know you're spitballing, you're voodooing, you're doing voodoo, because you're forgetting the orange juice that you drank and you're forgetting the crackers that came with--

Ray: And by the way doing voodoo budgeting of any kind is a sin, because the Bible says "Thou shalt not suffer a witch to live."

Sean: That's right. Yes. Yes.

File name: REP260.mp3.docx

Sean: Just FYI. Anyway, long story short, you start physically seeing your goals and how you're lining up to them? And it can be a sobering experience.

Ray: So, you set a budget for how many calories you ate in a day.

Sean: Yes.

Ray: And then you enter it into the app which is Lose It.

Sean: Right. Lose It app.

Ray: And you can see-- it show you how much-- this is the cool part which it still helps me today. It's not going to help me later when I put in what I just ate for breakfast.

Sean: Right. [laughs]

Ray: But I know that's going to wreak havoc on my day because I'm going to put that in. And it's going to say, "You have like 200 calories left for the day".

Sean: And you're like, "Oh crap." What it did is it forced me to have to be more smart with my calories.

Ray: Well, yes because you're in the middle of the afternoon and you think, "Well I could have an apple." or "I could have this donuts thing." And you put the donut thing in and you find out it's 500 calories.

Sean: Right. That leaves you like 28 for dinner.

Ray: You eat the apple and it's 98 calories.

Sean: Right. Honestly, for all of you people out there that are having trouble losing weight and stuff, I know all of the fat headlines are saying, "Oh, you don't need to count calories, just eat Paleo. Or just eat this or just eat that." But I'm telling you the only thing that has consistently worked for me is when I'm consistently on top of calorie restriction. It doesn't matter what the calories are, it could all be sugar and bread, but as long as it's below a certain number things happen in a positive direction. And that is not anorex-- do not take this as avexy for anorexia.

Ray: Oh, good Lord, no.

Sean: I don't want anyone to hear and say, "Oh, I just need to eat less but I'm already eating like 500 calories a day. So, I guess I go to 200."

Ray: Oh, yes. Don't do that.

Sean: Don't do that.

Ray: So, that's number four. Having written measurable goals keeps you accountable. So, this is true in every area. You should have a budget for your

money and any other goals you have and your being accountable first to your self. Then, a good idea is to be accountable to other people but we'll talk about that later.

Number five if you- the number five good reason to set goals for 2017, even if you hate goal-setting. Number five is, if you want to be your best possible self you must have a plan to achieve that. Success is not going to trip you or grab you by the belt buckle and say, "Let's go. Let's be successful". You don't accidentally become successful about what you want to achieve in life.

Sean: No, and I mean to go back to the spiritual foundations is one of the things that I didn't think of but I'm making a connection now was if you're going to follow Jesus' call to-- basically if you're going to read the story of the parable of the talents. If you're going to steward what God gives you, that doesn't happen by accident.

Ray: No, it happens by being smart.

Sean: Yes.

Ray: In fact, there's a point where Jesus says to his followers, "You need to be as shrewd as serpents."

Sean: Yes. Basically, as shrewd as demons.

Ray: So, meaning just as smart and crafty as they are but gentle as doves. Another podcast. What do you do with this? Just go back over the five-- excuse me, the five good reasons to set goals for 2017.

Reason number 1, you have goals all ready. Wouldn't you rather consciously have goals?

Sean: Yes. Number two is to if you plan to fail-- nope, I got that backwards. If you fail to plan, you plan to fail. Easy to do when you're diagnosed dyslexic, all right?

Ray: It's a good do-over.

Sean: [laughs] Number three goal's keeping moving forward even though it's tough. The fourth is having written measurable goals keeps you accountable, parentheses no voodoo goals. Number five, if you want to be your best possible self, you must have a plan to achieve it.

Ray: Very well done. So, how I would suggest you approach this? We're getting to the end of the year and its time to start thinking about what you want out of next year. You can do this anytime. It doesn't have to be-- you might be listening to this in June of 2020, for all I know. You can do it then but we're at this point in time coming toward the end of 2016 and a lot of people are thinking about, "I want next year to be better". And this year a lot of people are thinking that.

Sean: Yes. A lot.

Ray: [laughs] So, here's some suggestions. There are lots of goal-setting systems and I have done all of them. Brian Tracy, Zig Ziglar-- I can go on endless list of goal-setting. Tony Robbins. I've been through several goal-setting workshops of his.

The system that I found a couple years ago is Micheal Hyatt's Best Year Ever. It really made an enormous difference for me. I achieved things that had been on my goal list for ten years and I have never been able to achieve them and I achieved them in that first year. So, I would strongly suggest taking a look at that when it opens up. It's not available yet. It will be in the near future.

For now, if you just want to get a taste of some things that are available to you, go to the links that we've mentioned to you before. One is for the e-book, *Achieve What Matters in 2017*, and you can get that e-book by going to the address-- oh, where is it? rayedwards.com/2017ebook, it's all one word. On Wednesday, I really encourage you to do the life score-- use the Life Score App which is free and it will be available starting Wednesday and that will be at rayedwards.com/lifescore. And it's not on my site that just point to the site where it will be.

Sean: Right. It's an easy URL too

Ray: Yes. There you go, there are some good reason even if you're a kind of person who doesn't like to set goals. There are some good reasons why you should probably think about setting goals anyway for 2017.

[music]

Sean: All right. You found the show helpful? Please subscribe through I-tunes in the Apple podcast app. That's the most helpful for us. Make sure to put your real name on website, the text was view itself on our mythical review show, you'll be mentioned.

Ray: Good mythical review show.

Sean: Good mythical review show. I don't think Rhett and Link could be too happy about that.

Ray: Not a sponsor.

Sean: Not a sponsor. Hundred bucks.

[laughter]

Ray: Oh, we found a way to charge you for copyright infringement.

Sean: When we infringe upon-- yes, I love it. Okay, next week?

Ray: The most powerful life change force in the world.

Sean: Yes, but to get today's transcript, just go to rayedwards.com/260. All right, you got a quote worth note.

Ray: Yes, this one comes from the great Stephen Hawking who said, "However difficult life may seem, there's always something you can do and succeed at."

[music]

Sean: Did you hear that Stephen Hawking gave humanity a thousand years to find a new planet?

Ray: No.

Sean: If we don't find a planet within a thousand years, we'll probably go extinct.

Ray: There's a goal.

Sean: Yes.

Ray: Well on that cheerful note.

Ray: If we're here next week-- I'm confident we will be. I pray that God blesses you and protects you and does more good stuff for you than you can possibly even imagine. Be blessed, we'll see you back here next week.

Automated voice: Thank you for listening. This has been the Ray Edwards show. Find the archives of this weekly show at rayedwards.com/podcast or on iTunes. Contact Ray at rayedwards.com. This podcast copyright by Ray Edwards International Incorporated. All rights reserved.

Each week we bring you a message of prosperity with purpose and freedom and remembering that true freedom is available to all through Jesus Christ.

[00:38:26] [END OF AUDIO]