



Ray Edwards Show, Episode 544 Quitting On Your Goals? Don't!

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The Ray Edwards Show. This is the podcast for prosperity with purpose.

Ray Edwards ([00:17](#)):

Well, Hello! Welcome. Ray Edwards here, and today, I want to talk to you about the fact that at the time I'm recording and publishing this, we have a little under seven weeks left in this year of 2021. That means that we have just over 13% of the year left. That was shocking to me. Today is Monday, November 15. And I think November, it feels to me like, well, the year's practically over. And that's what most people feel like right now, even though the days remaining on the calendar for 2021 mean we have 13.46% of the year remaining. We can make a huge difference with about seven weeks to go in this year, unless we stop. And that's what most people are going to be doing. Most people right now are moving into behaviors that lead them away from their goals for this year. They're giving up on their eating goals, on their weight loss or fitness goals, on their financial or relationship goals. They're saying to themselves and to others. Well, I've got Thanksgiving coming up next week. I've got Christmas, I got all the parties, I'm all busy with family and friends. I'm going to, I'm just going to eat, drink and be Merry. So they're doing the things that will move them away from their goals. Now, yes, I think this is a time we should take some time away from work and be with our family and be with our friends and fellowship and enjoy one another's company. And yes, I think we should enjoy food. Doesn't mean we have to eat poisonous food filled with sugar and other things that are bad for us. I'm not moving away from my goals over these remaining weeks of the year. I'm moving toward my goals faster. And my theme for this rest of the year season, this short season ahead of us, is to be my best and remain at rest. So I'm not going to run frantically chasing after goals. I'm also not going to run away from them frantically, which is what some people seem to be doing. Most people in fact. I think that's the approach of most people. Most people are saying to themselves, I'll work on all that January one, new year's, uh, that's when I'll start. It, it's like the old diet thing where you fall off the wagon and you figure out well it's Wednesday, I've just ate some pie. I'm going to eat like crap. And I'll start over again on Monday. How has that philosophy worked for you so far in your life? Probably not very well. What works is when you realize you need to make a change, you make it now. That's what I'm suggesting you do. I believe you can write a brand new story for yourself and create a brand new life for yourself, but you have to decide to do it and deciding to do it Monday or January one is not a decision.

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Well, it is a decision. It's a decision to not do it. It's a decision to defer it. And I think most of us can look at our own behavior over the years and realize it's a decision we're just not going to do it, period. So if you're making a change in your life the time to make it is now, right now. If you decide I'm not going to eat garbage anymore, then don't eat the Snickers bar that's lying on the car seat next to you or that's in your briefcase. Get rid of it, eat something healthy, instead. Don't drink that drink of alcohol or smoke that cigarette or whatever it is you're giving up, do go to the gym. Do take a walk. Do that exercise that you promised yourself you're going to do. Spend that time with your loved ones. Quality time, where you're not distracted by your phone or whatever. Make the change now, not some time later. Because sometime later I'll take care of it Monday or next week or January one, we know what that means is code for. I'm just not going to do this at all. I don't want to admit it to myself. So this is the game I'll play. I'm not playing games. I'm playing to win. And who judges who wins? I do. And you do you judge the winner of your life set by your standards. So you have, by this time in the year, no doubt heard all kinds of admonitions about how it's been a tough time this year. We've had COVID, we've had the lockdowns, we've had the elections and the civil unrest and the governmental turmoil. And it's, it's no wonder you're having problems financially or with your health or with your peace of mind. It's not your fault. And for me, my response to that is bologna. It is my fault because while I don't control external things that just happen without my being consulted like the vastly over-reaching lockdowns and mandates that have been issued by our government. I'm not in control of that. I am in control of my response to those things. I am in control of my response to things that happened that I don't have any part in initiating. Like I may have a diagnosis that I didn't ask for. I didn't create myself, but it just happened to me. There may be an accident. Someone may hit your car and injure you or kill someone that you love. And we don't control those incidents. And I'm not saying they're not bad. I'm not saying they're not tragic. I am saying how we respond is up to us. We don't control what to us, but we do control what happens within us. And yes, there are tragic things that happen. And the appropriate thing for us to do is to be sad. We want to be sad because it's appropriate. If someone we love dies and we weren't sad, we probably need to seek some professional counsel cause something's wrong inside of us. So it's feels sad when it's time to feel sad. As the apostle Paul said mourn with those who mourn, but there is a time to put off your morning and move on. There's a time to take control of your thoughts. There's a time when you choose your response and say, okay, enough. Now I'm moving onto the next part of my life. And so I have a, I have a t-shirt. I bought it from Tom Bilyeu, the founder of Quest Nutrition and Impact Theory; Impact Theory, I love that show by the way, on YouTube, check it out. But the shirt says, everything is my fault and this is what I'm talking about. I'm not in control of what happens to me, but I am in control of what happens within me. Everything is my fault. My response to everything in my life is my responsibility. Do you believe that as well? I hope you do because it means you have the key then to changing your life for the better. So my challenge to you is over these next six plus weeks, just a little under seven weeks, we have left in the year. It's time to start taking control of your life and your thoughts and your emotions and your actions and start changing your life for the better. And if you agree with me on that, then I'm going to give you some keys that I think are going to be super helpful to you. And the first one is for you to spend some time thinking about the seven areas of life, where most of us want to make changes. I think there are seven domains in life where we appropriately should be thinking about improving ourselves and improving our ability to maximize these parts of our lives.

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And these seven areas are: Number one, the area of faith. What do you believe about life? Do you believe it's meaningful? Do you believe we're here by accident? We're just a happy coincidence of chemicals and electricity mixing together in space and making an earth was life on it. And people, I don't buy that for a minute. I don't have enough faith to believe that,

but I have faith to believe the evidence of my eyes, which is that we were designed. We were put here by a purpose back creator and my faith is in God and in Jesus Christ. So you need to define for yourself what your faith is and how does it direct your purpose in life? What does it mean for you to be a Christian or to be Muslim or to be a Jew or whatever your faith tradition is. Define that for yourself and define how is it that I can be the best follower of Jesus Christ that I could possibly be. So, yes, I have goals in the area of my faith.

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The number two area or domain of life is your fitness. If you're physically maximizing your potential health span, then you got the fitness thing nailed. And I say it just the way I said it because as a person who is, um, dealing with a condition that I did not ask for, did not bring on myself, but I have it at this time. I have the symptoms of Parkinsonism. Some people would say Parkinson's disease. I have to acknowledge that currently I have some limitations about what I can expect myself to do, because of limitations to my ability to move normally at times during the day, and I have a somewhat different potential health span, a spectrum of possible optimal health that's available to me than a person who does not have Parkinson's or some other such neurodegenerative disease. However, because of my level of faith and because of my level of taking control of my thoughts and actions, I'm seeing progress against Parkinson's. That should not be possible. According to current medical science, something to think about. So fitness, what's your potential health span, quality of health that is possible for you go after that. If you're not hitting that in optimal levels and get after it.

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The number three domain of life, where you need to set some goals and figure out where you are and where you want to get to is the area of your family. And yes, that comes after your relationship with God. And then after your relationship with yourself, your fitness. Why, why, why would I say your relationship with God comes first, then your physical relationship with your own health. Because if you don't take care of those two things and maximize them, you can't give the maximum potential that you have to give to other people. So you got to take care of your own oxygen mask first, as they say on the airplane, so that then you can assist other passengers along the way. So number three is family, your spouse, your kids, your extended family.

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And then number four is your finances because you need to be financially responsible to take care of the people that you love and to take care of other people that you'd like to help in life and be a good steward of whatever you have been given is the first step in being a good financial steward. Now, what about getting rich? I think we have a mandate from our father in heaven to accumulate as much wealth as possible. It says in the Bible, he gives us the power to generate wealth. So why would he give us that if he didn't want us to do it? I think each individual has to work out what's the right amount of wealth for them to pursue, what giftings they've been given in this area. But some are called to become very wealthy indeed. And they don't have to give all their money away, but I believe the purpose of their wealth is to help benefit others. So you can't build long-term sustainable wealth in a business if you're not really helping other people. It just won't last. So ultimately you have to be in service of others to make huge amounts of wealth. And of course, we all need to avoid the temptation to sin, the temptation of greed and avarice to take over our hearts and minds. But you don't have to be rich to have greed and avarice take over your heart and mind. You can be very poor. Some of the greediest people I know are poor, think on that. Have the appropriate respect for money. Don't worship it. And for heaven's sakes, don't use people to get money. Instead use your money to love people. That's a principle we can all live by regardless of how much financial wealth we have.

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Domain number five is friends. The acquaintances in your community, in your church, the people around you.

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Domain number six is fun. What do you do for enjoyment? What do you do to play? Recreation is part of God's plan. He built a day of rest in so that we could rest. Rest doesn't mean being inactive. It means don't be working all the time, do things you enjoy doing because we were made for recreation, recreation.

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And then finally, area number seven. The seventh domain of life is the domain of fulfillment. This is where you're contributing to a larger story than your own. You're helping God's purposes through God's calling on your life with your giftings and you derive fulfillment from that. So those are the seven domains of life in which we need to work and operate and set goals and aspirations for ourselves. And you can be working on this. I was the next six weeks. And if you like that, then be sure and let me know, and I'll go into more detail about how you can pursue the absolute most in each of these areas. We'll do that over the next six weeks in the podcast. If that's of interest, let me know on the socials. I'm Ray Edwards on Twitter, Instagram, Tik-Tok, YouTube. Find me there. And by the way, you may not know this podcast is actually a YouTube channel as well.

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Announcer [\(14:36\)](#):

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