



Psalm 23

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever. *Psalm 23 - King James Version*

Put Soulful thoughts Ahead, always Learning Meaningful actions at least 23 times a day.

According to a recent study, a person has, on average, 6,200 thoughts a day. * And those thoughts are mostly focused on work, family and hobbies instead of investing in nourishing our soul.

Yet, our soul, actually, is the one thing we need to invest in the most as it is the only eternal part of us that we can take from earth to heaven.

To build your business & life successfully, you must first acknowledge and then identify your soul-crushing activities. You must not only identify them, but you must also take specific actions to conquer them.



RED LIGHT!

What activities are you doing that drain you? _____

What counterproductive activity do you need to STOP? _____



GREEN LIGHT!

What measures do you need to START that will nurture your soul? _____

What is the one **habit you will do every day** to accomplish the above? _____

If applicable, what courageous conversation do you need to have? _____

Who will hold you accountable?

Ask your **ACCOUNTABILITY PARTNER** to complete the following:

"I, _____, commit to supporting
_____ over the next 3 weeks."

EXAMPLES

RED LIGHT SOUL CRUSHING	GREEN LIGHT SOUL INVIGORATING
Conflict with an employee, customer or family member and refusing to address it	Take a Bible class, listen to daily Bible verses every day, put reading the Bible in your calendar as an important meeting you never want to miss.
Not letting go. You are the biggest obstacle to your company's growth	When you see someone is in distress from a family member and friend to a stranger, offer to pray for them; research a non-profit you would like to donate your time, efforts and treasure in and see if your employees or family may like to join you.
Listening and talking about the daily news. That is not to say you should not be informed but focusing too much time on the news is draining.	Spend time alone with God. Share with others how God has helped your life. Take a few minutes every week to pro-active recommend your employees, vendors, customers and partners on LinkedIn, Yelp and Google. It takes less than 10 minutes and can do so much to lift someone else up.

** The study published in the journal Nature Communications was carried out by psychologists at Queen's University in Kingston, Canada*

