

# “Growth-At-Home”

Sunday, October 31, 2021

**FOCUS: MOVE YOUR LIFE IN THE DIRECTION YOU WANT IT TO GO**

*“The journey of a thousand miles begins with one step.” – Lao Tzu*

*“The fullness of life is only accessible in the present moment.” – Eckhart Tolle*

## MEDITATIVE READING

### ***3 Small Steps That Could Make the Biggest Impact on Your Life***

(Meiyoko Taylor, Abridged)

Every day that passes by, there is someone who is living a life that does not fuel their passion or purpose. Each moment feels like they are just existing or living life by accident. This could be due to fear of change, or limiting beliefs within them that say “you’re not worthy” or “I don’t deserve to be successful”. It could be a number of things. Believe it or not, I used to be this person. I was stuck in a 9-5 job, in a 7-year relationship that was emotionally draining, and I was 75 lbs. overweight.

Then came that ONE day that would forever change my life. I remember it as if it were yesterday. I looked at myself in the mirror and saw what I had become. I didn’t recognize myself. I immediately burst into tears. This was NOT the life I wanted to live. I had neglected the most important person in my world: ME. It was then that I had to make an important choice. I decided to take the **first step** towards creating the life I would often dream about. That very next day, I promised myself that I would do just **one thing** that made me feel more connected to the goals I wanted to accomplish.

Not two or three. **Just one.** It didn’t matter how small it was. The point was it was a small step in the RIGHT direction – in the direction I wanted my life to go. This has led me to the level of success that I am at today.

Here are three small steps that will impact and transform your life.

#### **1. Have a heart to heart with yourself**

Take time to get away from people, places, or things, and just spend some time with yourself. In order to truly make any step towards the success you desire, you must have a great sense of self-awareness. What is it that you want to accomplish and why? What truly makes you happy? What are you passionate about? How will accomplishing this change your life? How would it make you feel? Be completely honest with yourself, your thoughts, and your intentions. Having these questions in front of you will keep you from going around in circles. They will give you more clarity and vision that should help you determine which small steps you need to take. As a result, instead of being frustrated or reluctant to leave your comfort zone, you will be more confident now that you have a plan in place.

#### **2. Do ONE thing everyday that is connected to your goals**

Always remember that you don’t have to always make massive amounts of progress at one time. The important thing is that you are continuously **moving in the right direction**. After all, Rome wasn’t built in a day. It took consistent daily, focused action. Over time, it became one of the most celebrated cities on the planet. We live in a world that is bombarded with messages of instant gratification. But the truth is, any level of success is the result of a daily routine of the right things done for a certain period of time. That time can vary from days, weeks, months, or even years. However, throughout the **journey**, you can see that you are moving closer and

closer towards your ultimate goals. **Do not underestimate the power of small steps.** You will find yourself accomplishing things you never thought possible (and sooner than you anticipated).

### **3. Do not measure your level of success by comparing yourself to others**

Success means something different for everyone. You must not become fixated on what media or entertainment portrays as successful. A fulfilling life is more than material possessions. Understand that you can only live the greatest life possible when **you have defined what success is to you.** As you begin taking small steps and making progress, focus only on what your desired goals are. Don't allow yourself to be distracted by what others are saying, doing, or what they believe success should look like. Too often, we get caught up in what society, current trends, and what the masses portray as "I've made it". **This is your life.** Only YOU can determine what accomplishment, achievement, and true success means to you. In fact, one of the reasons why you may be in the position you are in is because you designed your life based on the thoughts and opinions of others. This was my case years ago.

### **Conclusion**

**You deserve to be great.** You have greatness within you. Sometimes, that can be clouded by limiting beliefs, adversity, or just the many circumstances in life. Think about everything that has happened in your life right up to this point. ***I want you to know that everything that happened before NO LONGER MATTERS.*** What matters now is that today, you have the knowledge of who you are and where you want to go. The ability to change your life is within your grasp and your power. Today, you have the chance to begin a journey that leads to some amazing and incredible years ahead. The best part about it is that you only need to take small steps in the right direction. So take action now – your dreams are waiting for you!

### **AFFIRMATION**

I am in charge of my life. I lead my day with purpose, passion, and powerful action.

### **TAKE REAL ACTION**

**What is the one ACTION you will take today that will ADD to your life?**

### **SEEDS OF GENEROSITY**

“We make a living by what we get, but we make a life by what we give.”

Joyful Givers, go online and give your seed today! Keep yourself in the flow and continue to let your spiritual community grow!! The Real Life mission is covered by your generosity! There are several ways to give your seeds of generosity:

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