



How to Live at Your Best: 10 Steps

1. Don't let circumstances get you down.

At the beginning of each day, determine that you are not going to get “under the circumstances.” Circumstances are like a bulldozer out of control. They can flatten you. If you can't change negative situations, don't let them change you.

“I can do all things through him who strengthens me” (Phil. 4:13, NRSV).

2. Evict resentment from your life.

Resentment can take over your mind and heart, affect your nervous system, and cripple your ability to live at your best.

“Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things” (Phil. 4:8, NRSV).

3. Remember you are a child of God.

Affirm this fact several times a day: “I am a child of God. Today I will *act* like God's child, *talk* like God's child, *live* like God's child, *give* like God's child.” God has blessings for you that are beyond measure.

4. Accomplish something positive each day.

Decide that before the day ends you will accomplish at least one thing that is positive. Let it be centered in Christian love and let it be for someone else, not for your own profit or as a favor you expect to have returned.

5. Bring your best to each day.

Start each day with this prayer in your heart: “Today I give my best. Dear God, give me this day what you know I will need.”

“I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect” (Rom. 12:1-2, NRSV).

6. Keep a prayer list.

Develop a prayer list and keep it up to date. Across the top write “Personal Checklist.” Confess sins, get rid of grudges, surrender jealousy, ask God to help you in every possible way. Thank God for the forgiveness you have received and the power that is yours. Then, pray for those you love, those with whom you work, those you don't like, and those who have asked to be remembered.

7. Be a true friend.

Speak to your co-workers, expressing love, concern, and appreciation. Avoid gossip about others. This drains your energies. Use your energy to do the very best you can on your job.

“To watch over mouth and tongue is to keep out of trouble” (Prov. 21:23, NRSV).

8. Surprise someone with friendliness.

Contact someone within your family circle or perhaps a friend . . . by letter, phone, email, or visit. Speak to someone you may not know. Express genuine care.

“Let your light shine before others, so that they may see your good works, and give glory to your Father in heaven” (Matt. 5:16, NRSV).

9. Study your areas of weakness.

Don't focus on your weaknesses all the time. Be aware of them, work on strengthening them, but do not let them become an obsession in your thinking.

“My grace is sufficient for you, for power is made perfect in weakness” (2 Cor. 12:9, NRSV).

10. You can do it with God's help.

Begin now to believe that you can live at your best — the kind of life God wills for you. Pray, act, talk, work, and know that God cares about you and what you do with your life. God has given the power to overcome, to live the abundant life that Christ reveals.

“Be strong in the Lord and in the strength of his power” (Eph. 6:10, NRSV).

Adapted from a leaflet written by Sam H. Coker for Discipleship Resources.