

SKYDIVING WITH A 12,000-FOOT PERSPECTIVE

CHAPTER 5 | TEACHING SEGMENT 1

(PLEASE WATCH THE STORY SEGMENTS CONNECTED TO THIS CHAPTER)

OUTLINE

FORETHOUGHT ENABLES US TO RESET OUR GOALS
AND TRANSITION TO THE NEXT LIFE SEASON WITH STRENGTH AND FOCUS

PREMISE:

- Understand how the neuroplasticity of our brain can change our MINDSET
- Establishing FORETHOUGHT helps us avoid the trap of self-sabotage

1. ADDITIONAL THOUGHTS FROM CHAPTER 4

A. Our RAS and neuroplasticity

- When we know the Lord and His voice, our RAS begins to be transformed and we view experiences through God's perspective.
- Authors of *The Whole-Brain Child* explain that when the neurons of our brain fire together, they stay together. The concept of neuroplasticity is that the brain is plastic and changes based on our experiences. "This is how practice can become a skill and how a state can become a trait, for good or for bad" [see page 64].
- When we have a revelation, it causes the neuron to fire and create a new pathway.

- Because of the plasticity of our brain, we are able to change our entire mindset when we introduce new ideas; we don't have to live with the same belief system all our lives.

B. The power of our new normal

- When we affirm our achievements and accept them as our new normal, the neuron glues it together, solidifying it in our mindset.
- It's powerful to understand how an old, negative memory can become a positive, redeemed one by seeing how the neuron glues the revelation and creates a new picture in our mind.

2. GROWING IN THE SEASONS OF LIFE

A. Leaving our comfort zone

- Ceitci's skydiving experience took her far from her comfort zone but allowed her to discover new things in the midst of change and challenge.
- She made the mistake of keeping her mouth open during the skydive. We too need to learn how not to run out of breath before we arrive at our destination.
- Learn how to enjoy each season. There may be seasons of hiding when we are less visible to others. Don't rush this season—God is still working in us.

B. Setting a goal beyond our present one

- Our minds are constantly searching for something new to attach to.
- Forethought means looking beyond the present to what's coming up on the horizon.
- Example: As we start our day, we have thoughts that may include, "What am I going to wear? How will I get from one place to the next?" These daily routines come so naturally that we don't recognize the process, but it's part of our forethought.

- In a similar way, we need to create the next goal before we reach the current one. Before you finish an academic degree, for example, you would think, “How will life look after the diploma (or marriage, or job)?”
- The moment we hit a goal or achieve something of magnitude, it’s easy to relax and revert to old habits, beliefs, and attitudes, which create self-sabotage in a new situation.
- As we learn to reset our goals, we can go through these seasons without depression, discouragement, or fear of the unknown causing us to self-sabotage in our immediate lifestyle or in our goals.
- Just as actors who have completed a blockbuster or won a coveted Oscar can succumb to depression or nervous breakdown, Ceitci realized that she had the same tendency to feel depression and lack of purpose after an achievement. She had to learn to reset her goals and look ahead to the next season.
- We can also experience depression based on how high we have set a goal and how low we have aimed for the next goal afterward.

C. How to avoid letdown after an achievement

- As we pursue our goal, our adrenaline levels are high; after we hit our goal, we naturally relax to regain stamina.
- Even on an everyday basis, we unconsciously set goals, such as the expectation that we’ll be tired at the end of the workday.
- Your body does what you unconsciously told it to do: it brings you to the place of completing these new (positive or negative) goals. So instead of unconsciously arriving at goals we haven’t set, we need to learn to be conscious about presetting and resetting our goal.

TAKE TIME TO THINK AND DISCOVER:

As Ceitci shared in her skydiving adventure (told in Story 1), we often pursue our goal with our mouth wide open, telling everyone the details of what God has spoken to us. While it isn't bad to be transparent, there are times when it's wrong to share everything God has spoken to us before the right time comes. Sharing goals wisely with the right people at the right time sustains our energy and helps us to "land" properly. It could be that God is asking you to be in a hidden season—in the gliding process—while He's instructing you on the next steps. Enjoy the different seasons of life; instead of searching for acclaim, pursue significance and purpose. Be willing to stay hidden until it's the right time for dreams to be revealed.

- *What are some of the things you've been sharing with others prematurely?*
- *What are some things you can decide to change or stop so you have better results?*

*** PLEASE CONTINUE TO CHAPTER 5 – TEACHING SEGMENT 2**