

# ***STEPS***

**A Daily Journey to a Better Life**

**Life Application Guide**

## **What is the Book STEPS About?**

The book presents five steps to improve your life one day at a time. These steps provide practical guidance to help you bring more peace, joy, and purpose into your life.

The foundation is the Twelve Steps, the world's most famous life improvement program, which has been used successfully by millions of people all over the world. This book brings to light a secret the rest of the world does not fully understand, that these steps apply to all us and provide the best tool ever developed for living in a healthy and satisfying manner. Now, this "top secret formula" is available for anyone to use.

*STEPS* simplifies concepts from the Twelve Steps into an easy-to-understand process which provides clear, down-to-earth techniques and examples for effective living. Even though there are no magic solutions that will solve all your problems or guarantee happiness, there are proven principles you can use to improve your life one day at a time.

This is the only book of its kind, serving as a helpful roadmap for your life journey.

## **Why Do You Need a Life Application Guide?**

Hopefully, you have the book *STEPS*. Perhaps you have read all or some of it, and you have decided you want to take action to improve your life. This guide will help you:

- **Prioritize and select areas which will bring you the most peace, joy, and purpose.**
  - You CAN improve your life, starting today!
- **Work out how to use these principles most effectively in your daily life based on who you are and what your situation may be right now.**
  - The STEPS offer many techniques and examples for situations we all face in life, but it is helpful to focus on those that best meet your particular needs.
- **Study the STEPS material in a group setting as well as individually. Then, you can also experience this journey with others and share ideas among the group.**
  - The material can be used in a six-week study group or for a longer curriculum.
- **Get started putting these principles into action in your life, starting today.**
  - "A journey of a thousand miles begins with a single step." (Lao-tzu)

## **Is the Guide for Groups or Individuals?**

This guide can be used in a small or large group or by an individual:

- A **group** can cover the material in a **six-week study or a longer curriculum**.
- An **individual** can use the guide as a work book as they read *STEPS* the first time, or they can use the guide afterwards to **help them put the STEPS into action**.

## **Why Are the STEPS Good for a Group Study?**

The material is applicable to many people because the timeless, universal principles apply to anyone interested in spirituality, facing life's challenges, or self improvement.

The Twelve Steps and spiritual principles are well-proven to improve people's lives and can, in many cases, lead to true life transformation. Useful "how-to" techniques in the material help people apply these principles in their lives in order to get the most benefit.

Study groups or classes are relatively easy to run. Group leaders are not required to be subject matter experts, but moderators who participate and facilitate the sharing of ideas.

## **How Do You Use the Life Application Guide?**

The book contains features that work in conjunction with this guide including bolded key sentences, practical techniques, useful examples, and "getting started" suggestions. You can simply read each chapter in *STEPS* and then work on the corresponding exercises.

The guide is designed to help you apply practical techniques in your life, not study vague theories or unusable concepts. In each chapter, capture your ideas to put the STEPS into action. Later, prioritize which are important enough to take steps on in your daily life.

The Life Application Guide can be utilized in Microsoft Word or as a printed document.

- Word document: Your answers can be as long or short as you like since the fields in the document will expand as needed, and you can simply delete any extra spaces.
- Printed document: Capture key aspects of your answers in the spaces provided. Use the blank pages at the end of the Life Application Guide for additional notes.

Use the STEPS website and blog as an ongoing source of ideas and inspiration.

- Check out the website and blog at: [www.lifeimprovementsteps.com](http://www.lifeimprovementsteps.com)

For groups, the material can be covered in a six-week study or as a more complete four-month curriculum, or it can be adapted for whatever number of sessions are desired.

### **Six-Week Study**

Preparation: Read the chapters in Section I and do the Life Application Guide exercises.

Section I (1 session)                      Cover both chapters in the first session.

Section II (5 sessions)                    Use each of the five chapters in one session.

Follow-up: Complete Chapter 17 in the Life Application Guide after class has ended.

### **Four-Month (or Less) Curriculum**

Section I (2 chapters)                    Cover the two chapters individually or together.

Section II (5 chapters)                    Use all five chapters in this section individually.

Section III (7 chapters)                    Use all, some, or none of the chapters.

Section IV (3 chapters)                    Ensure you conclude with a session on Chapter 17.



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## **Section I**

### **Getting Started On the Rest of Your Life**



## **Introduction and Chapter 1 – Taking the First Step**

**1. Read the 15 questions below. Indicate their importance to you with an H (High), M (Medium), or L (Low). Write a few words about why you chose the items you did and give any short, initial ideas for what you would like to accomplish in that area.**

**2. Pick one (or more) of the Summary statements that best fit you.**

**Summary: You care about doing your best in life and are willing to invest time in something important. You want to improve your life with practical how-to guidance.**

- Do you want to live effectively and feel a sense of accomplishment in life?
- Do you want to find more happiness on a daily basis?
- Do you want to build better relationships, especially in your family?
- Do you want to be sure you are focused on the right things every day?
- Do you want to find purpose in life and feel a greater sense of meaning?

**Summary: You've seen that life has challenges and feel the STEPS can help. You want to use a proven, successful life improvement program on your journey.**

- Do you want more contentment and serenity in your life?
- Do you value steady progress (versus perfection) and living one day at a time?
- Do you want to make better choices in life and turn weaknesses into strengths?
- Do you like having a personal feeling of satisfaction and a clear conscience?
- Do you want to have positive relationships and resolve hurts involving others?

**Summary: You feel God should play a role in your life and want to learn more. You want to achieve greater peace, joy, and purpose by growing closer to God.**

- Do you feel that spiritual growth leads to more peace, joy, and purpose in your life?
- Do you want to be a good steward to make the most of your time, talents, and money?
- Do you want to help improve the lives of others through acts of service?
- Do you want to pursue spiritual truth and find out more about God?
- Do you want to discover more about God's purpose for your life?

## **Chapter 2 – Overview of the STEPS Process**

**1. Read the principles behind the STEPS and comment on what they mean to you.**

*Life is a journey. Seek the right direction using God as your guide. Make wise choices and take the next right step.*

**2. Do you believe that you CAN improve your life? Why or why not?**

**3. Read the following statements and explain what they mean to you:**

You can start making progress today, right where you are.

- Take it one step at a time.
- Aim at progress, not perfection.

**4. The process described in this book is made up of five STEPS. For each one, capture in a few words any key challenges or opportunities you see in that area.**

### **Surrender**

*Surrender your will to God and make choices based on faith and courage.*

### **Transformation**

*Humbly admit your mistakes and make positive changes in your life.*

**Empathy**

*Seek forgiveness and invest in good relationships.*

**Progress**

*Spend time every day in prayer and meditation.*

**Service**

*Serve as an example and add value to the lives of others.*

**5. Read the following statements to envision where you would like to go in life. Then, write down a short description of how you want your life to be in the future.**

**Surrender:** Making better choices; feeling good about your decisions; peace and serenity; the power of faith; being closer to God rather than in conflict; greater joy.

**Transformation:** Turning weaknesses into strengths; getting tough issues behind you; knowing yourself well enough to make better choices; feeling good about yourself.

**Empathy:** Better relationships; hurts resolved; family and friends restored; a clear conscience; working together; less anger and more love; a sense of thankfulness.

**Progress:** Getting better every day; living effectively; a sense of accomplishment; less worry; sleeping better at night knowing you did your best that day.

**Service:** Improving the lives of others; feeling good about helping a friend; joy and satisfaction; understanding your purpose; feeling a greater sense of meaning.



## **Section II**

### **A Daily Journey: Five STEPS to a Better Life**

**Chapter 3 – Surrender:**  
**Seeking Direction and Making Good Choices**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Ask God for Direction.**

Pick one situation or decision in your life and capture it below. Over the next few days, use prayer, the Bible, other people, and circumstance to seek God’s direction. Capture whatever you discern, even if nothing at all, in each case. Overall, summarize your best interpretation of how God wants you to handle this particular situation.

**Situation or Decision:**

**Prayer:**

**The Bible:**

**Other people:**

**Circumstances:**

**Summary of God’s direction in this situation:**

**3. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Do the Next Right Thing
- Pick an Area to Practice
- Choose Obedience
- Take a Step of Faith

**4. Read the examples in the sections on Moments of Surrender and More Real Life Examples. Find one that resembles something that happened in your life. Describe what lesson you learned (or could have learned) from that situation.**

**5. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Go to a quiet place and pray, “God, if you are really there, help me get to know you more. Strengthen my faith and help me understand how I can surrender to your will.”
2. Pick one small thing you will do to obey God in an area that has been troubling you.
3. Decide you will keep a journal of areas in your life you choose to surrender.

## Chapter 4 – Transformation: Changing Our Life by Changing Our Self

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Take a Personal Inventory (“The 4 Cs”).**

Think of at least one negative choice you tend to make over and over. Examine the costs of that choice, to you and others, and the underlying causes for why you do what you do. Finally, determine what positive changes to make in your life.

**Choice(s):**

**Costs:**

**Causes:**

**Changes:**

**3. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Understand the Boundaries of Control
- Avoid Dishonest Thinking
- Understand Why You Do What You Do
- Find Company for the Journey

**4. Read the examples in the sections on Moments of Surrender and More Real Life Examples. Find one that resembles something that happened in your life. Describe what lesson you learned (or could have learned) from that situation.**

**5. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Think of a lie you tell yourself. Do you find yourself thinking: “I’ve got to fix that other person,” “I’m not good enough,” or “God doesn’t really love me.” Declare that each time you detect that lie in your self-talk you will stop and replace it with truth.
2. Get a piece of paper. Write down five mistakes or weaknesses as a start on your first personal inventory. Commit to a schedule to continue the inventory process.
3. Take a step to add accountability to your life. Ask a friend to meet with you to talk through some things you have going on in your life and schedule time to get together. Alternatively, find an appropriate support group and commit to attend three meetings.

**Chapter 5 – Empathy:**  
**Becoming the Person We Are Meant to Be**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Make a List.**

Make a list of two or three people you have harmed. Talk through each situation with God and express your sorrow for your past mistakes. Seek to become willing to make amends with each person, no matter what. Turn each situation, one by one, over to God and determine what you will do in each situation.

**People you have harmed:**

**Why you are sorry for what you have done:**

**Are you willing to make amends?**

**What you will do:**

**3. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Practice Agape Love
- Make Amends and Seek Forgiveness
- Invest in Good Relationships
- Have Real Conversations

**4. Read the examples in the sections on Moments of Surrender and More Real Life Examples. Find one that resembles something that happened in your life. Describe what lesson you learned (or could have learned) from that situation.**

**5. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Ask for forgiveness from one person today.
2. Have a conversation where someone sees your interest in what is going on in their life.
3. Calendar time over the next week to spend quality time with key people in your life.

**Chapter 6 – Progress:**  
**Achieving Satisfaction Through Good Daily Habits**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Invest a Few Minutes of Each Day.**

For the next few days, schedule at least 15 minutes of your day as a personal quiet time. For the first day, use the space below to capture your key thoughts. Consider starting a journal to record your thoughts for the other days, and hopefully continue this habit.

**Personal inventory:**

**Prayer:**

**Meditation:**

**Reading the Bible:**

**3. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Live in the Moment
- Take Positive S-T-E-P-S
- Seek Guidance Through Prayer
- Meditate On Your Priorities
- Use the Bible for Insight

**4. Read the examples in the sections on Moments of Surrender and More Real Life Examples. Find one that resembles something that happened in your life. Describe what lesson you learned (or could have learned) from that situation.**

**5. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Commit to hold a personal quiet time each day for the next sixty days.
2. Memorize the “S-T-E-P-S” of Surrender, Transformation, Empathy, Progress, and Service; practice using “S-T-E-P-S” in a prayer or time of meditation.
3. Identify three special moments you might overlook in the course of a busy day. Take the time to seize each moment when they occur, knowing you will never get it back.

**Chapter 7 – Service:**  
**Discovering Purpose and Meaning in Life**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Start Right Where You Are.**

Start where you are by doing your best to live in a positive manner, and look around you for opportunities to help other people. Capture at least one thing that you do each day.

**Day 1:**

**Day 2:**

**Day 3:**

**Day 4:**

**Day 5:**

**Day 6:**

**3. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Serve As an Example
- Put It On the Calendar
- Look for Miracles
- Search for Significance

**4. Read the examples in the sections on Moments of Surrender and More Real Life Examples. Find one that resembles something that happened in your life. Describe what lesson you learned (or could have learned) from that situation.**

**5. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Perform a random act of kindness for someone.
2. Write down several ideas for a personal ministry project.
3. Order a good book on finding purpose in life, such as: *“The Prayer of Jabez”* by Bruce Wilkinson, *“Halftime”* by Bob Buford, or *“The Call”* by Os Guinness.



## **Section III**

### **Applying the STEPS in Real Life Situations**

## **Chapter 8 – Finding Peace and Purpose Day to Day**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Capture something positive you have done or would like to do in the areas below.**

**Recognized that you do not control other people:**

**Recognized that you do not control places and things (circumstances):**

**Acted on the fact that you do control (imperfectly) your thoughts:**

**Acted on the fact that you do control (imperfectly) your choices:**

**3. Read the section of the chapter titled Surrender Our Choices.**

The “Serenity Prayer” by Reinhold Niebuhr is an excellent tool to help us surrender our will to God and make good choices day to day.

**Serenity to accept: What things should you accept with serenity?**

**Courage to change: What things should you seek the courage to change?**

**Wisdom to know: What decisions or situations are you unsure about?**

**4. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Surrender Our Thoughts
- Express Unconditional Love
- Appreciate Moments of Relationship
- Hold a Daily Quiet Time
- See Each Moment As An Opportunity

**5. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. At least once, consciously go through the Serenity Prayer as you are making a decision about what to do and seek God's wisdom to make the right choice. Then, let it go.
2. Do something specific today that is against your nature, but which will express love or compassion to someone else.
3. Pray and meditate for a few minutes in the evening. Use the time to think about God's many blessings. Feel satisfaction from knowing you are taking steps to live in a way that is pleasing to God. Look forward in hope and joy to the rest of the journey.

## **Chapter 9 – Establishing an Effective Life Plan**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled How Do We Create a Life Plan.**

**a. Identify a Vision: If you could design a future for yourself, what would it be like? To identify your Vision, capture your initial thoughts on these questions:**

**What do you want life to be like?**

**How do you want to be as a person?**

**What do you want to accomplish in life?**

**Where does God want you to be?**

**What is most important to you overall?**

**b. Set Your Objectives: How will you live over the next few years? To help you get started, create a list of key things you can do to move toward your Vision.**

**3. Look back over the chapter sections for the STEPS of Surrender, Transformation, Empathy, Progress, and Surrender. Pick one that is applicable for the situation in this chapter. Give a short description of how you might apply that step in your life.**

**4. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Spend fifteen minutes brainstorming on where you want to go in life. Don't eliminate any ideas; just write down the items that occur to you and be bold in your thinking.
2. Make the decision to document a life plan within the next thirty days. Tell at least one other person about your commitment, such as your spouse or a close friend.
3. Schedule the time and place to create a life plan. Put that time on your calendar.

## **Chapter 10 – Managing Money Wisely**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled How Should We Manage Our Finances?**

**a. Build an initial balance sheet: Capture your key Assets and Liabilities.**

**b. Create a simple budget: Capture your sources of Income and identify as many categories of Expenses as you can from memory.**

**c. What is your plan and approach to manage your budget moving forward?**

**3. Look back over the chapter sections for the STEPS of Surrender, Transformation, Empathy, Progress, and Surrender. Pick one that is applicable for the situation in this chapter. Give a short description of how you might apply that step in your life.**

**4. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Build a balance sheet. Create an initial list of your Assets and Liabilities. Commit to follow through to confirm the specific amounts for each item.
  2. Start a budget. Begin a list of where the money is going each month. In areas that are somewhat broad, divide them into more specific and manageable line items.
  3. Talk to your spouse or another person about your values as they relate to finances.
- Learning to manage your money wisely is a journey, but it begins with one first step.

## **Chapter 11 – Navigating Marriage and Parenting**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Communicate Effectively.**

**Rate yourself in the areas of communication listed below as G (Good), M (Medium), or NI (Needs Improvement). For those rated as NI, what can you do to improve?**

**Accept responsibility:**

**Earn trust:**

**Be real:**

**Use the Golden Rule:**

**Control the tongue:**

**Watch your tone:**

**Give other people a break:**

**Give yourself a break:**

**Communicate without words:**

**3. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Show Love and Forgiveness
- Repair Broken Relationships
- Establish Clear Boundaries

**4. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Pause and pray that God will touch your heart about your roles in the family. Tell God you are committed to be the best spouse and parent you can be, and ask for his help.
2. Create a written moral inventory of your strengths and weaknesses as they relate to your family roles. Write down mistakes you have made and pick one thing to work on.
3. If you have a strained relationship with someone in your family, take a positive step toward them in some way. Do something, anything, to reach out to them.

## **Chapter 12 – Achieving Success and Satisfaction at Work**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Surrender.**

**Describe what the aspects of work listed below mean to you.**

- **The right work/life balance:**

- **The right type of work:**

- **The right things to work on:**

- **The right thoughts at work:**

**3. Look back over the chapter sections for the STEPS of Surrender, Transformation, Empathy, Progress, and Surrender. Pick one that is applicable for the situation in this chapter. Give a short description of how you might apply that step in your life.**

**4. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Use the “Success at Work” lists above to write down your strengths and weaknesses. Resolve to do something this week to address a weakness or develop an area of strength.
2. On your calendar for next week, schedule time Monday morning and Friday afternoon to spend in reflection and plan your work. Use that time to assess priorities and plans.
3. Write down the name of one person at work you will try to have a positive effect upon.

## **Chapter 13 – Dealing with Tough Times and Recovery**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Understand That We All Have Issues.**

**For each of the types of behavior shown below, indicate whether this applies to you F (Frequently), S (Sometimes), R (Rarely), or N (Never).**

**Believe you have to please people all the time:**

**Experience more worry than peace most days:**

**Feel insecure dealing with certain people or situations:**

**Have a hard time being as productive as you need to be:**

**Procrastinate even when you know it is causing problems:**

**Repeatedly hurt family members or friends with your anger:**

**Feel uncomfortable when you are not in total control:**

**Continue to shop and buy things when you shouldn't:**

**Look at inappropriate websites on the Internet:**

**Spend too much time on television or video games:**

**Struggle with maintaining a healthy diet and overeat:**

**Smoke cigarettes even though you know the health risk:**

**Gossip because it makes you feel better about yourself:**

**Allow any habit to negatively affect your life over and over:**

**3. Look back over the chapter sections listed below that highlight different STEPS techniques. Pick one that would be worthwhile for you to work on in your life. Give a short description of how you might use that technique in your life.**

- Everyone Needs Recovery
- Dealing With Addiction
- If You Know Someone Who May Have a Problem

**4. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Begin to apply the STEPS today whether you are going through trials or not. If you are facing tough times, the STEPS will help you get through. If you are relatively free from trials, the principles will help you be ready for whatever comes your way in the future.
2. If you or anyone you know is involved in addiction or compulsive behavior, commit to go to a support meeting this week. Talk to someone to seek encouragement and advice.
3. During tough times, read these verses (or others) daily: Isaiah 41:10; Psalm 23:4; Proverbs 3:5–6; Hebrews 11:1; Romans 5:3–5; Philippians 4:12–13; and John 16:33.

## **Chapter 14 – Charting a Personal Path for Spiritual Growth**

**1. Read the bold sentences scattered throughout the chapter. Pick the one that means the most to you and capture it below. Explain why it is important to you.**

**2. Read the section of the chapter titled Introduction.**

**Give your personal answers to the questions below:**

**Is there a God?**

**What is God like?**

**How should we relate to God?**

**3. Look back over the chapter sections for the STEPS of Surrender, Transformation, Empathy, Progress, and Surrender. Pick one that is applicable for the situation in this chapter. Give a short description of how you might apply that step in your life.**

**4. Below are three examples of things you can do today to get started along your journey. Pick all or some of these options and add other actions you would consider. You can decide later which of these items to actually implement, so for now simply pick ones you feel would be useful in your life if you did follow through on them.**

1. Write down five spiritual points from this chapter that relate to you in some special way. Pick one, and ask God to help you grow in that area over the next week or so.
2. Go to a quiet place or go for a walk. Spend time thinking about the wonder of an incredible God that made you, loves you, and wants what is best for you; that is worship!
3. Spend a few minutes in prayer. Mentally walk through the steps of Surrender, Transformation, Empathy, Progress, and Service. Don't worry that you don't remember the STEPS exactly; just use those five concepts to ask God to help you grow spiritually.



## **Section IV**

### **The Rest of the Story**

## **Chapter 15 – A Search for Truth**

**1. Give a short answer to each of the questions below related to your worldview:**

**Is life random, or is there some plan or direction for your existence?**

**Why are you here, and what is the purpose of your life?**

**What choices in life are critical and which are less important?**

**How do you live a life of significance, purpose, and meaning?**

**Are there basic truths in the world and what are they?**

**Is there a God? What is God like?**

**2. Read the appropriate section and comment: Is the Bible really true?**

**3. Read the appropriate section and comment: How can you know God is real?**



## **Chapter 17 – Next Steps**

**Identify and capture some reasons why you want to improve your life:**

### **Surrender**

**If you will:** *Surrender your will to God and make choices based on faith and courage.*

**You will achieve benefits such as:**

### **Transformation**

**If you will:** *Humbly admit your mistakes and make positive changes in your life.*

**You will achieve benefits such as:**

### **Empathy**

**If you will:** *Seek forgiveness and invest in good relationships.*

**You will achieve benefits such as:**

### **Progress**

**If you will:** *Spend time every day in prayer and meditation.*

**You will achieve benefits such as:**

### **Service**

**If you will:** *Serve as an example and add value to the lives of others.*

**You will achieve benefits such as:**

**Overall, how do you want to improve your life and why is change needed?**

**What are key “Getting Started” items you captured in this Life Application Guide?**

**Make a list of other ways you want to utilize *STEPS* concepts in your life.**

**What is your personal commitment on how you will apply these daily principles?**

**How can you use the *STEPS* book, website, and key concepts to serve other people?**

## **Additional Notes**

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## **If you would like to help others along their journey ...**

**Use the STEPS to serve other people and help them improve their lives:**

1. Tell people about *STEPS*. Share the website link using email and social media. Give copies of the book to those who would appreciate the message.

- Refer others to the website: **[www.lifeimprovementsteps.com](http://www.lifeimprovementsteps.com)**

2. Set up a study group to discuss the material.

- Find a group of friends or schedule a class or study group to get together for six weeks or longer to experience true life transformation.

3. Send the author a testimonial on what the book has meant to your group, ideas for how to use the STEPS, or a personal story that may help others.

- Send stories and ideas to: **[stevecward@lifeimprovementsteps.com](mailto:stevecward@lifeimprovementsteps.com)**