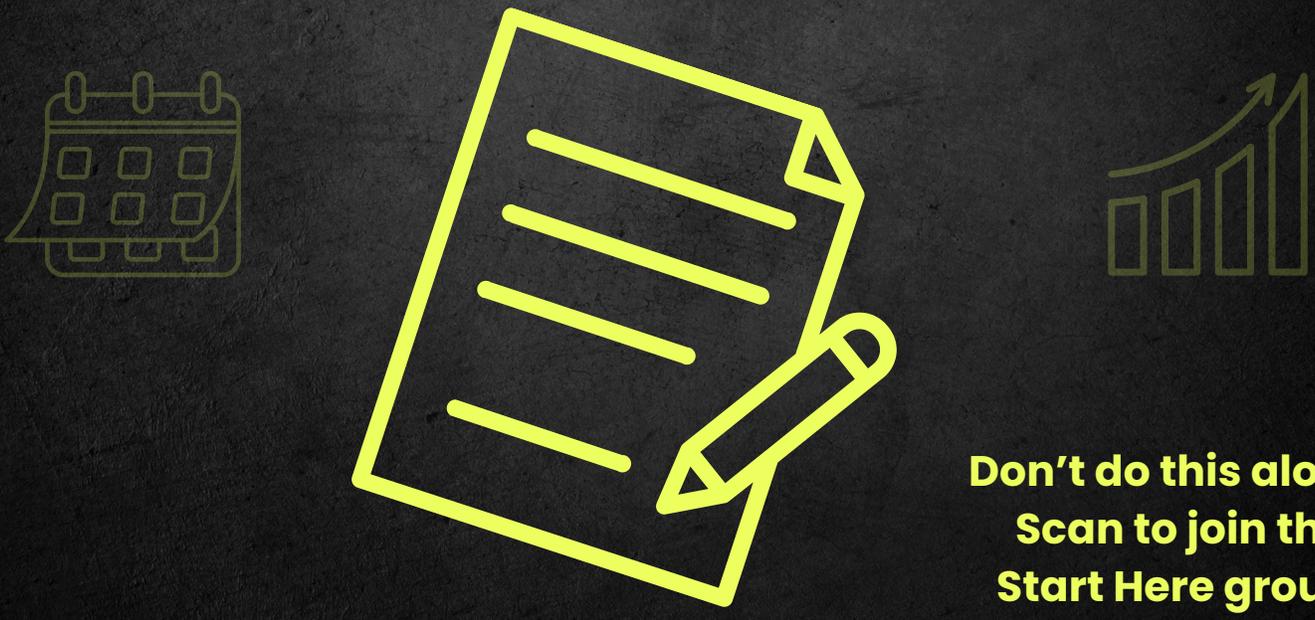


START HERE

JOURNAL

BUILD A LIFE THAT LASTS – ONE SMALL STEP AT A TIME.



Don't do this alone.
Scan to join the
Start Here group.



THIS JOURNAL BELONGS TO: _____

START DATE: _____

You do not have to have it all figured out. You just have to start here.

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Hey,

I am Chris Fluitt, pastor of **Redemption Church** in Plano, Texas, and I am really glad you are holding this journal. However you ended up with it - at church, through a friend, or online - I believe God can use these pages to help you start something real in your life.

Every January, people make big resolutions that fade by February. I have done it too. We promise ourselves we will try harder, be better, fix everything at once. It usually ends in frustration.

Jesus offers something better than pressure and guilt. He invites us to walk with Him and build a life that lasts, one small step at a time. That is what this journal is about.

This is not homework. You will not be graded. This is a tool to help you:

- See the future God has for you in the areas of life that matter most
- Take small steps every day toward that plan
- Fix habits that keep falling apart by changing your patterns, not just your promises
- Listen for God and discover your next step with Him

If you are local, I would love to invite you to join us in person. Redemption Church meets on **Sundays at 4:30 pm** at **2001 Independence Parkway, Plano, Texas 75075**. You can find directions and more info at RedemptionPlano.com. If you cannot make it in person, you can still connect with us online and watch messages there.

IMPORTANT!

If you want encouragement and accountability on this journey, I'd love for you to join our Start Here 21 Day Journey Facebook group. You can search for it on Facebook or go to:

[facebook.com/groups/starthereredemption](https://www.facebook.com/groups/starthereredemption)



You do not have to do this alone.

My prayer for you is simple: that over these next 21 days, you would sense Jesus closer than you thought, see possibilities you had not seen before, and have the courage to take one small step with Him each day.

I am cheering for you. You really can start here.

Pastor Chris Fluitt



HOW THIS JOURNAL WORKS



- Use this journal for 21 days. Start any day, just keep going.
- Bring it on Sundays if you want to take notes or write what God shows you.

Each week connects with the Start Here series:

- Week 1- Build a plan in the areas that matter most
- Week 2- Stack your plan: year, 90 days, 30 days, this week, today
- Week 3- Fix your habits: cues, environment, and community
- Week 4- Clarify and take your next step with God

Each day you will:

1. Read a Scripture
2. Reflect on one simple question
3. Choose one small step
4. Pray a short prayer

If you miss a day, do not quit. Do not start over. Just start again today. Jesus cares more about your direction than your perfect streak.

WHY PLAN, STACK, AND BUILD HABITS?

This journal is built around three simple ideas:

1. Plan with Jesus

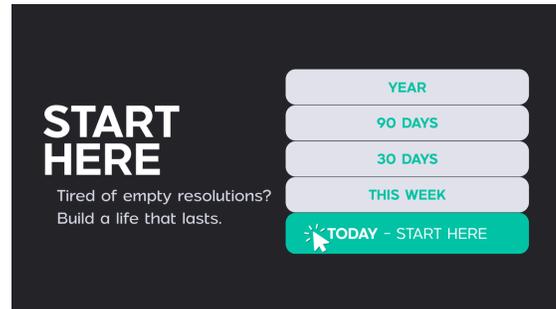
You are not making random resolutions. You are asking, "God, what is Your plan for my life this year, and how can I walk in it?"

2. Stack your vision

Big change comes from small layers working together:

- Year who you are becoming with Jesus
- 90 days your focus for this season
- 30 days – clear direction with wins you can celebrate soon
- This week and today the steps you actually take

OUR SUNDAY SERIES



3. Build better habits

Instead of just making promises, you will learn to:

- Link habits to cues that already exist
- Change your environment so it helps you, not fights you
- Invite people to encourage you and walk with you

The goal is not perfection.
The goal is progress with Jesus,
one small, faithful step at a time.

DAY 1 - I WILL TRUST YOU, JESUS



Scripture: *Proverbs 3:5-6 (open your Bible or Bible app and read it slowly.)*

Start Here: Most resolutions start with "I will try harder." Following Jesus starts with "I will trust You." Today is not about fixing everything. It is about choosing to trust Jesus with one real part of your life.

Reflect: Where in my life right now do I feel the most pressure to fix myself or prove myself?

Action:

Write one simple sentence that starts like this:

I will trust You, Jesus, with _____ this year.

Prayer: *Jesus, I choose to trust You with this part of my life. Lead me one step at a time.*

DAY 2 - WHAT REALLY MATTERS

Scripture: Matthew 6:33 (open your Bible or Bible app and read it slowly.)

Start Here: Jesus tells us to seek God's kingdom first, not last. Most of us seek everything else first and then ask God to bless it. A good plan starts by asking, "What really matters to God and to me?" Then we line our plan up with His.

Reflect: From this list, circle or mark three areas that truly matter most this year:

Faith, Family, Friends, Work or school, Health, Finances, Calling.

Which three did I choose, and why?

Action: For each of your top 3 areas, write one word that describes what you hope for.

Example: Faithsteady, Familycloser, Healthstronger.

*Prayer: Jesus, help me care about what You care about
and put first things first in my plans.*

DAY 3 - A NEW THING IN REAL LIFE



Scripture: *Isaiah 43:18-19 (open your Bible or Bible app and read it slowly.)*

Start Here: God is not asking you to pretend last year was better than it was. He is saying, “I am doing a new thing.” New does not happen while you keep editing your story to look okay. New happens when you admit, “This is where I am stuck.” When you get real about the old thing, you finally make room for God to start the new thing.

Reflect: Go back to Day 2. Pick two of your top areas that really matter this year. For each one, write a short, honest sentence about where you are right now.

Right now, in area 1, I usually...

Right now, in area 2, I usually...

Action: Visualize God doing a new thing. Write about the new thing...

God, in area 1, I need You to...

God, in area 2, I need You to...

Prayer: *Jesus, I invite You to do a new thing in my real life, not just in my ideas.*

DAY 4 - GOD HAS A PLAN

Scripture: *Jeremiah 29:11-13 (open your Bible or Bible app and read it slowly.)*

Start Here: God is not standing over you saying, “Do better this year.” He is saying, “I know the plans I have for you.” That means your future is not random and it is not all on your shoulders.

A resolution says, “I have to figure this out.”

God’s plan says, “I am already at work with Me.”

So instead of asking, “How can I fix everything this year?” you can ask, “God, what is Your good plan in this one area, and what is my next step in it?”

Reflect: Pick one of your top areas from Day 2 and answer: If God’s good plan started showing up in this area, what is one thing that would look different by the end of this year?

Action: Write a simple plan sentence with Jesus in it: This year, with God’s help, I plan to...

Prayer: *Jesus, thank You that You have plans for me.
Help me trade my pressure for Your plan.*

DAY 5 - WHO I AM BECOMING



Scripture: *Ephesians 2:10 (open your Bible or Bible app and read it slowly.)*

Start Here: You are God's workmanship, not your own self-improvement project. He already has good works prepared for you. Your plan is not just about what you will do. It is about who you are becoming with Jesus.

Reflect: When you think about the plan you are forming with Jesus, what kind of character shows up in it? Make a quick list of any words that come to mind.

Action: Look back at your list. Circle or underline 2 or 3 words that you sense God is highlighting the most.

Now finish this sentence to form a goal using one or more of those words:
This year, with Jesus, I want to grow into someone who is more...

Prayer: *Jesus, shape my character to match the plan You have for my life.*

DAY 6 - WRITE IT PLAIN

Scripture: Habakkuk 2:2 (open your Bible or Bible app and read it slowly.)

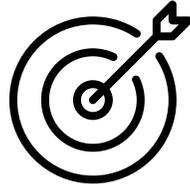
Start Here: God told the prophet to write the vision and make it plain so others could run with it. Writing your plan with God makes it clearer and more real. It does not have to be perfect. You can adjust it later. The point is to get on paper what you sense God is saying for this year.

Reflect: Look back at Days 2 to 5. What themes or repeated ideas do you see about what matters and who you are becoming? Write your findings here...

Action: Write one simple year plan sentence for your life with Jesus. Focus on who you are becoming as well as what you will accomplish.

Prayer: Jesus, thank You for giving me a plan. Help me keep it simple, clear, and focused on You.

DAY 7 - REVIEW AND REFOCUS



Scripture: *Philippians 3:13-14 (open your Bible or Bible app and read it slowly.)*

Start Here: Growth is not a straight line. Some days feel strong, some do not. Paul talked about forgetting what is behind and pressing toward what is ahead. This check-in is not about shame. It is about noticing what God is doing and adjusting your plan with Him.

Reflect: What is one thing God has shown you that surprised you or encouraged you this week? Also, what is one place you feel yourself resisting change?

Action: Write one small adjustment you want to make to your year plan or focus areas after this first week.

Now turn that adjustment into a clear goal by finishing this sentence:
This year, with Jesus, I want to grow into someone who is more...

Prayer: *Jesus, help me let go of what holds me back and press toward what You have for me.*

DAY 8 - BIG PICTURE, SMALL STEPS

Scripture: *Psalm 37:23 (open your Bible or Bible app and read it slowly.)*

Start Here: The Lord makes firm, or makes certain, the steps of the one who delights in Him. Notice that word: steps. Your year plan is the big picture, but God leads you step by step. You do not walk a year at a time. You walk a day at a time.

Reflect: When you look at your year plan sentence from Day 6, what part of it feels the most overwhelming or unclear?

Action: Finish this sentence.

My plan feels big, but one small step I can take today is....

(When overwhelmed focus on a simple next step)

Prayer: *Jesus, thank You that You lead me step by step,
not all at once.*

DAY 9 - THE NEXT 90 DAYS



Scripture: *Matthew 6:11 (open your Bible or Bible app and read it slowly.)*

Start Here: Jesus taught us to pray for daily bread, but life also comes in seasons. Thinking in 90 day chunks helps you focus. You cannot do everything in the next 3 months, but you can move a few essential things forward.

Reflect: If your year plan is the big picture, what 2 or 3 parts of that plan could you focus on over the next 90 days?

Action: Over the next 90 days, I will focus on these priorities: (Be Specific)

1

2

3

Prayer: *Jesus, show me what to focus on in this season and what to set aside.*

DAY 10 - 30 DAY WINS

Scripture: *Galatians 6:9 (open your Bible or Bible app and read it slowly.)*

Start Here: We often quit because we never see wins soon enough. Planning 30 day wins gives you something to celebrate sooner. They should be small, realistic, and connected to your 90 day focus.

Reflect: Look back at your 90 day priorities from Day 9, and picture the calendar 30 days from today. If you stayed mostly faithful in small daily steps, what is one specific, provable thing that would be different by then? Take a moment to dream about your success.

(Example: “I met with Jesus at least 20 mornings,” or “I had 4 honest conversations with my family.”)

Action: Write 2 possible 30 day wins: In the next 30 days, I would celebrate if I...

1

2

Prayer: *Jesus, help me not give up. Let me see small wins as I keep going.*

DAY 11 - THIS WEEK MATTERS



Scripture: *Colossians 3:23-24* (open your Bible or Bible app and read it slowly.)

Start Here: Over the last few days you have started building a vision stack:
Day 6 your year plan, **Day 9** your 90 day focus, **Day 10** your 30 day wins.

Vision stacking simply means this:

- What I do today fits inside this week.
- What I do this week builds my 30 day wins.
- My 30 day wins move my 90 day focus.
- My 90 day focus supports my year plan with Jesus.

Today you need to make sure your plan meets your real schedule. If it does not show up in your week, it will not shape your year.

Reflect: Think about a normal week for you. Where is there room for even one focused step toward your plan with Jesus?

Action: Write your top 3 vision-aligned priorities for this week and make sure they are in your schedule.

1

2

3

Prayer: *Jesus, help me work this week with You in mind,
not just my to do list.*

DAY 12 - TODAY'S STEP

Scripture: Luke 9:23 (open your Bible or Bible app and read it slowly.)

Start Here: Jesus said to take up your cross daily. Daily is the smallest, clearest layer of your plan. You cannot control yesterday or tomorrow, but you can choose a step today.

Reflect: What is one small specific action you can take today that connects directly to your year plan?

Action: Finish this sentence: Today, my small step will be to...

Make it something you can do in 5 to 20 minutes.

(When overwhelmed focus on a simple next step)

Prayer: Jesus, I offer You this one step today. Use it to shape my heart.

DAY 13 - SYSTEMS, NOT JUST GOALS



Scripture: *James 1:22 (open your Bible or Bible app and read it slowly.)*

Start Here: James Clear (*Atomic Habits*) says, "You do not rise to the level of your goals. You fall to the level of your systems." James the apostle says, "Do what the word says." Goals without simple systems stay as talk. A system is a small, repeated pattern that makes it easier to live the plan you wrote with God.

Reflect: What is one habit or pattern that, if you did it most days, would naturally move you toward your plan?

Action: Write one sentence:
My daily or weekly system will be to...

Prayer: *Jesus, help me build simple systems that match what You are saying.*

DAY 14 - CHECK IN AND ADJUST

Scripture: Luke 16:10 (open your Bible or Bible app and read it slowly.)

Start Here: Jesus said whoever is faithful with little can be trusted with much. Vision stacking teaches you to be faithful in the little layers: a day, a week, a month. It is normal to make adjustments as you learn what works and what does not.

Reflect: Over the last 2 weeks, where have you actually taken small steps?
...Where have you perhaps been failing to act on your plan? Be honest – this is a gut check.

Action: Write one adjustment you want to make to your 90 day focus, 30 day wins, or weekly priorities based on what you are learning.

Prayer: Jesus, thank You for small steps and second chances. Teach me to be faithful with little.

DAY 15 - HABITS AND THE HEART



Scripture: *John 15:4-5 (open your Bible or Bible app and read it slowly.)*

Start Here: Habits are not just about productivity. They are about where your heart abides. Jesus wants you to remain in Him, not just squeeze Him into the cracks of your schedule. Small, repeated habits can either pull you closer to Him or quietly pull you away.

Reflect: What is one habit that pulls you toward Jesus right now? What is one habit that quietly pulls you away?

Action: Write them down:

Habits that pull me toward Jesus:

Habits that pull me away from Jesus:

Prayer: *Jesus, help my habits match the kind of closeness with You that I say I want.*

DAY 16 - THE HABIT LOOP

Scripture: Matthew 26:41 (open your Bible or Bible app and read it slowly.)

Start Here: Jesus said, "Watch and pray so that you will not fall into temptation." That is habit language. Watch the patterns, then pray and respond differently. Most habits follow a loop: a cue, a routine, and a reward. Do you recognize your patterns?

Reflect: Think about the habit that pulls you away from Jesus. What usually happens right before you do it? That is probably your cue.

Action: Finish this:

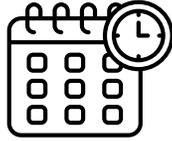
When I (cue)...

I usually (routine)....

because it makes me feel (reward)...

Prayer: Jesus, help me see my patterns clearly and not be led by them.

DAY 17 - A NEW HABIT WITH A NEW CUE



Scripture: *Luke 4:16 (open your Bible or Bible app and read it slowly.)*

Start Here: Good habits and routines often work best when they are tied to a cue you already have. Instead of trying to bolt on a random new habit out of nowhere, hook it onto something you already do every day, like your morning coffee, your commute, or your bedtime routine.

Reflect: Pick one habit that would move you toward your plan with Jesus: time with Him, movement, connection, serving, or something else.

Action: Write a new habit sentence:
When I (existing cue)...

I will (new habit)...

I will feel (reward)...

Prayer: *Jesus, help me attach new habits to daily moments that already exist.*

DAY 18 - CHANGE YOUR ENVIRONMENT

Scripture: 1 Corinthians 9:24-27 (open your Bible or Bible app and read it slowly.)

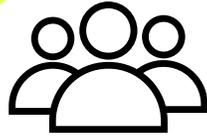
Start Here: You are not in a random race. You are running to win something that matters. Runners change their environment to help them run well. James Clear says, "Environment is the invisible hand that shapes human behavior."

Reflect: What in your environment makes your new habit harder? Examples: phone by bed, Bible buried, TV always on.

Action: Write one small environment change:
To make my new habit easier, I will change this in my environment...

Prayer: Jesus, show me one change I can make so my surroundings help me follow You.

DAY 19 - PEOPLE AND PATTERNS



Scripture: *Hebrews 10:24-25 (open your Bible or Bible app and read it slowly.)*

Start Here: Community is not extra. It is a key part of staying on track. The people around you either encourage your plan or distract you from it. You need at least one person who knows what you are trying to do with Jesus this year.

Reflect: Who could pray for you and encourage you in this next step? A friend, group leader, pastor, or family member?

Action: Write their name and how you will reach out:

I will tell...

about my plan and next step by (text, call, message, face to face)....

Prayer: *Jesus, give me courage to invite others into my growth and not try to do this alone.*

DAY 20 - MY NEXT STEP

Scripture: Philippians 1:6 (open your Bible or Bible app and read it slowly.)

Start Here: God finishes what He starts. This journal is not the end. It is just a beginning. The question now is, "What is my next clear step with God?" It might be a decision, a conversation, a commitment, a habit, or a relationship.

Reflect: Look back over your notes. What keeps rising to the top? What do you sense God nudging you to actually do?

Action: Complete this:
The one area God is asking me to focus on now is...

and my next step is...
(add a desired date of starting and completing if you can)

*Prayer: Jesus, thank You that You are not finished with me.
Help me obey the next step You are showing me.*

DAY 21 - COMMIT AND CONNECT



Scripture: *Psalm 119:105 (open your Bible or Bible app and read it slowly.)*

Start Here: God's word is a lamp to your feet and a light to your path, not a floodlight for your whole future. What matters most is that you keep walking in the light you have, with people who will walk with you.

Reflect: How will you stay connected to Jesus and to community after this journal ends?

Action: Choose at least one and write how you will follow through:

- Start or restart a daily time with Jesus
- Stay connected to a church
- Join a group or team
- Talk to someone about baptism, faith, or counseling

Prayer: *Jesus, I commit my next step to You. Light my path, one step at a time, and surround me with people who will walk with me.*

NOTES & PRAYERS

Use this space to capture anything God shows you that does not fit in the daily pages - prayers, verses, ideas, or moments you do not want to forget.

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SERMON NOTES & NEXT STEPS

Use this page for notes from the Start Here messages at Redemption Church or for writing out next steps God puts on your heart.

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Use this page for notes from the Start Here messages at Redemption Church or for writing out next steps God puts on your heart.

YOU STARTED HERE. LET'S TALK ABOUT YOUR NEXT STEP.

If you worked through this journal, I am proud of you. Most people never slow down long enough to listen to God, write anything down, or take an honest look at their habits. You did.

I want you to hear this clearly - this journal is not the finish line. It is a starting line. God is not done with you. I would love to help you take your next step.

Join me at Redemption Church

I pastor Redemption Church in Plano, Texas. We are a church for real people who are still figuring things out and want to follow Jesus in everyday life.

We meet on:

- Sundays at 4:30 pm
- 2001 Independence Parkway, Plano, Texas 75075
- Plan your visit and learn more at RedemptionPlano.com.

When you come, I would love for you to introduce yourself. Tell me you have been going through the Start Here Journal. I want to cheer you on and help you keep moving.

What is coming next: Breaking Chains

After this Start Here series, we are going into a series called Breaking Chains: Finding Freedom From What Holds You Back.

We are going to talk honestly about:

- Addictions
- Secret habits
- Patterns you have tried to break and could not
- How Jesus brings real freedom, not just a fresh layer of guilt

If there is anything in your life that feels like a chain you cannot break, I would really love for you to be part of this next series.



You do not have to do this alone

If you need prayer, have questions about following Jesus, baptism, groups, or serving, you can always reach out through RedemptionPlano.com or by connecting with us on Sunday.

You were not meant to figure this out alone. We would love to walk with you as you keep taking small steps with Jesus.

Hope to see you soon,
Pastor Chris Fluitt





If this journal helped you take a step, we'd love to walk with you as you take the next one.

Learn more, watch messages, or plan a visit at RedemptionPlano.com.



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