

By: Alex Colón

4 Ways To Develop
Lifelong Resolutions
With Your Family - Successfully

rB The reBranded Life

Keys to a Successful Lifestyle



I believe in Lifelong Resolutions because they help me focus in the right direction to successfully step into achieving and living out my destiny.

In order the right husband or wife, parent, ministers and citizens to our communities, while being pleased with self, we must establish bite size goals for our visions and dreams to help us get there.

More than that, living in a lifelong resolution state means I have to get our minds, our bodies and spirits moving in the right direction with the right choices. So we use our minds – thinking and choosing – to make this happen.

Truth is, what you think and then choose, will impact your mind, your body and your spirit – so much so, that it **implements** the thoughts that are entertained in your mind and heart.

Here are *4 Ways To Develop Lifelong Resolution with Your Family Successfully*

1. Transform your mind right by detoxing your thoughts.

Don't just detox your gut; detox also your mind.

Pay attention and become aware of your thoughts as often as possible. Know what triggers negative emotions and begin to get any junk you notice out of your mind.

For example: If you find yourself thinking negatively or fearfully, try to change those thoughts immediately. One way to do this is by thinking the opposite. That's the easy part. Now take it a step further.

Find bible scriptures that may relate that nagging thought and begin to apply that scripture every time the negative thought shows itself in your mind.

Another key is to talk about it with your spouse to help you change your thinking; meanwhile discovering why those thoughts come about in the first place.

This process of detoxing our thoughts I often call it: Fasting from Wrong thinking.

You get enough garbage entering your mind every day. It's hard to keep the junk out automatically.

You've got to do something about it.

In order to detox your thoughts, it's important to:

- a. Apply bible verses to those thoughts defeating their purpose helping you accomplish God's purpose in those areas.
- b. Talk about it with your spouse or with your family if suitable.
- c. reject those thoughts and refuse to continue to think that way.

More often than not, kids find themselves in the same or similar predicament. They need assistance from their parents to help them deal with their own set of negative/fearful thoughts that cause them to making wrong decisions. Walk them through the same simple process. And you'll see how much this will help them mature in that area.

The more you do these simple three steps to detox your thoughts, the more you will find thinking more positively, more potentially, and more optimistic – able to believe God for your needs, and able to Trust him with your life.

This will help you to start a lifelong resolution process that will take you in a journey to advance in every area of your life.

2. Transform your body by eating and fasting the God way.

It's amazing how much your body affects your thinking, your feelings and your entire living.

Eating right and fasting right is essential to accomplish Gods destiny for your life – successfully. Why is that, you might think?

Because if you're super trained to succeed in any area, and for a few years you're being successful but don't take care of your body the right way, you will be successful for just a few years without accomplishing your full destiny – especially God's purpose for your life.

You're designed to last a long time, not just 50 or 60 years getting by.

Eating right and fasting right – the Bible way is essential to living right. So here's what my wife and I recommend that has worked for our entire family for more than 20 years.

A. Eat Right:

- a. Eat healthy foods. Try organic fruits and vegetables as often as you can.
- b. Eat healthy grains. Get rid of white flour as often as you can. There is no nutritional value in white grains, like white bread, white rice, etc. Eat whole wheat bread, multi-grain breads, brown rice, etc. You get my point.

It takes a little bit of time getting used to these brown grains, but once you do, you won't want to go back to the white stuff. Except, I think there are some exceptions. Pizza for example. Who wants a whole wheat pizza crust, right? Just saying.

- c. Eat 90% lean beef – range fed if at all possible. Run from those pesticides, and junk they give cattle, and even produce. They are detrimental to your body, your mind and your emotions.
- d. Drink 10 glasses of water a day. Oh I know that professionals suggest 8 glasses of water a day, but remember, that's just to survive. Here's a little common sense: You use over 8 glasses of water daily in your perspiration, your breath, tears, and urine. If you do any physical activity at all, you lose more than that.

In addition, I'm sure that if you're anything like me, I hardly ever drank water when as a kid and in my teenage years. So I was overdue. I've been drinking 10-14 glasses of water a day for the past 13 years, and it has helped me immensely.

- e. Stay away from soft drinks. I'm not naive. I know it's hard to stay away from those sugar filled soft drinks. So if you "have to have one" like with your pizza or burger, please, try not to do it. Drink water instead.

For example, we put lemon in our water. When at a restaurant, I ask the server to get me a few wedges of lemon. More often than not, I ask for a little dish of lemons. That way I put enough lemons to turn it into a light lemonade. This gives me a good taste in my water and the lemons help with digestion and with the PH in my gut. Try it – it works.

But if you must, drink it in moderation. By that I mean, 1 a month or 1 every three months or so. Just for memory's sake or something like that.

Soft drinks, like soda pop remove the calcium from your bones and is detrimental to your digestive system.

Coffee, however, is a bitter-sweet type of drink. Though organic coffee could be good for some areas in your body, yet, most people drink too much of it, which is not good for you. So keep moderation in mind in the coffee department.

B. Fasting Right

- a. Fasting is great for the body. It's good to fast an entire day once a month if you can. This helps the body re-energize itself as it rids itself of toxins found in the body. It helps your cellular structure and your digestive system. This is good for a boost of energy as well.
- b. There are two kinds of fasts that I'm aware of: One is for physical reasons and the other is for spiritual reasons.

For example: When we fast for spiritual reasons, we sometimes fast one meal a day for a few days. Or we may fast one or two or three entire days with drinking just plenty of water. I never fast without water. This is not healthy, neither will it make you any more spiritual.

We also fast TV, Social Media, Chocolate, Pizza, Coffee or grains and carbs for a couple of weeks to a month's time. This helps us focus on God more especially during those times when the body "needs" to have those things.

It's amazing how much this type of fast helps in many areas, not just spiritually, but also physically as well as emotionally.

For physical reasons: It's good to fast once per month or once per three months. In addition, you can do a body cleanse with supplants to help remove the gunk in your gut. This will do wonders in your entire body, from the gut to the skin.

There are many books on this system as well. I would highly recommend doctors like: [Dr. Jordan Rubin](#) and [Dr. Joseph Mercola](#) for direction on physical fast as well as other diets, and nutritional products. Please know that I do not receive any compensation for promoting any products on this book. I am simply providing you with resources that have helped us tremendously over the years.

On the other hand, I recommend several others for spiritual fast, like: [Pastor Jentezen Franklin](#) who has a great book and study guide on this subject. There are other resources for fasting available online as well.

3. Transform your spirit by building your relationship with Christ deeper.

There's no greater lie than to have a casual, surface relationship with God. This is actually more detrimental than good. Simply put – this is more of a lukewarm relationship with God, which scares me.

To simply thank God for the day and live like you want to (like the world pressures you to) is destroying your character. In addition, this provides worship to self instead of God. It can easily become more of a idolatrous relationship than a Godly one.

God wants an amazing life for you – why not take advantage of establishing and building a strong and powerful relationship with him?

So many people start off by establishing an excited relationship with Jesus and then life begins to happen. Along the way, discouragement sets in (just the everyday-part-of-life type of stuff) and often people's relationship with God begins to fade- much like in a marriage relationship.

In a marriage relationship both husband and wife are responsible to re-ignite their marriage passion, love, and commitment resulting in much excitement.

When it comes to our relationship with God, the responsibility falls wholly in our hands. In other words, it's up to me to keep my lamp ignited, my prayer life intact, and my life moving forward with existent in Christ. God won't do this for me. But when I initiate it, He gives me the grace to do move forward successfully.

I'd like to suggest four ways to build a healthy relationship with God:

- a. Have a quiet time with God every morning.** I love my times with God where I can read the Bible and take some time to pray. This enriches my spirit and my soul. I highly recommend spending time with God like this in the morning hours.

I like the morning time because this is when my mind, heart and body are mostly relaxed, rested and receptive to accommodate God to speak to me through his Word and when my prayers can be mostly from my rested heart and not my exhausted head. Get my point?

Some people work best in the evenings. The idea is to find the best time for you to spend 15, 30, or 60 minutes with God – daily. It'll enhance your life. It'll transform your thinking, your feelings, your relationships and your communion with God.

- b. Have additional times to spend with God.** In other words, I like to set aside an hour, two hours or an entire day just to “hang out” with Jesus. I share with God everything that’s in my heart. I take time to listen to what He has to say and I’ll write insights, information or messages He relates to me.

These times are precious, powerful, transforming and life-changing. I change every time I spend time with God in such a way. And you will too. Your life will grow by leaps and bounds in many ways when well time spent with God is a priority.

- c. Stay purposefully connected.** I like to do this by simply making God my partner in every decision I make. Even in the thoughts of my heart. So when I’m enjoying a pizza meal, I’ll say things like: “man, Jesus, thanks so much for such delicious pizza. You know how much I enjoy it – so thanks for this moment.”

If I meet somebody I like right off the bat, I say something like: “Well, Lord, thanks for this meeting – so and so seems to be a really cool person.”

If I need to make a quick decision I often whisper a prayer asking God: “should I or should I not? What’s your take on it? What’s your plan, your purpose or your will on this?” Sometimes God answers back right away, and sometimes he doesn’t. But every time I feel either peace about it or a decision comes to mind to make the right move.

Stay purposefully connected to your source of life – be intentional – be original – be organic – be natural – and be satisfied in life.

- d. Attend church.** Find yourself a good Bible Teaching Spirit Filled church. They’re called: Full Gospel churches. I personally pastor and Assemblies of God church where we believe the Bible from cover to cover and practice, live and experience all that God said he is, wants and has for us.

Jesus, the Bible says, is the same yesterday, today and forever. So whatever he’s done for others, he’ll do for you as well.

See, nobody is an island unto themselves. We all need the fellowship of our brothers and sisters in the body of Christ.

Here's a quick advice: don't bother looking for a perfect church. Find the right one to help you grow and become involved in God's call for your life.

See, I don't want to have God on my side as a crutch or as an "assistant." I want God to be my all in all. I want to know him, and I want to honor him with my life. This causes me to pursue him, to seek him and to be with him.

This is the only process I know to transform my relationship with Christ in a deeper way. I want everything he has for me. I want to be everything he wants me to be. I want to honor him with respect, reverence and Godly fear.

4. Transform your home by building your relationships with your family

Well, how much do we need to do with this one? "a lot" you'd probably say. And you're right. Every family has different needs with different personalities and different learning skills, with different emotional make-up. Every home requires a slightly different approach.

However, I've discovered, in my 28 years of marriage, that every family has some commonalities and similar ways of operation.

For example: Every family needs attention, the need to belong and the need to feel purposeful.

One of the ways you can transform your home is by building your relationship with your family.

This is a nice way to put it, but how do you package this?

It takes hard work, but it's not difficult work. It's rather simple, easy and you can make it as much fun as you want.

Here are 6 simple ways to build a strong relationship with your family.

1. Be yourself.

Don't try to be like anybody else you know. Sure you can learn from others - we all do, but apply the lessons you learn to your own personality and family make-up.

2. Take time to talk.

In today's society, social media is busier in terms of sharing with people what goes on in a person's life than it is in the comfort and safety of their home. Kids share with their friends and the entire world for that matter, before they share anything with their parents. This ought not be.

So take times during the day and a special time once a week to talk to your kids. My wife and I do this in snippets of times during the day. We like to learn about their day, their interests and their ideas.

We then take a once a week, meal, big breakfast or whatever, to talk and share. Sometimes these times are very casual and always fun. We laugh, we talk, we cut up, and we tease each other. It's fun.

So you get the idea.

3. Go out for ice-cream.

Or buy a tub of ice-cream, bring it home and make some wildly looking banana splits, shakes or whatever you like. [Have fun](#). Just don't do it too often or you'll put on the weight.

4. Play card or board games

It's crazy, but most families don't play cards or board games with each other. Some do but most don't. It's a good thing to play together. These times teach the kids how to play with others, how to interact and carry themselves fairly in a board game. It also builds your relationship with them.

They come to realize that you too can be competitive or you can keep up with their board challenges. Or, you know how to lose or win fair.

5. Paint pictures, or coloring books with smaller kids.

This could be a fun time. I used to do this with my mother and grandmother when growing up. Now I have my boys paint the house with me - but that's once in a blue moon.

You can use coloring books or you can buy those pictures that have numbers on them. The numbers correspond to a specific water or acrylic color. Kids really get into this. Just be

Careful – this too can be addicting and you won't want to put it down. It's about building relationships with your kids.

6. Do projects with your kids.

While in the topic of painting with your kids, I'd like to also suggest [involving your kids with different projects around the house](#) other than chores. Like painting a piece of furniture. Like hanging pictures or re-decorating.

For others, it could be fixing the car. Of course this is more adequate for bigger kids. The idea is to not only teach them how to fix different things around the house or do maintenance in the car, but also to build a relationship with them in the process.

Talk, rough house, play, laugh, and whatever it takes to build that strong relationship with your family. Don't just depend on the TV for help. Shut the TV and interact.

Notice I didn't suggest to watch TV or movies with you kids. This is fine at different occasions but this normally doesn't build strong relationships. It just provides a time to relax a little. Meanwhile, like in most movies, your kids (and yourself) will be seeing things you never wanted to see in the first place.

So take time. That's all you need. Time, maybe a few things, but overall, it's a very inexpensive way to build strong relationships. And it's one of the most important things you'll ever do with your family.

Be sure to also download our Free Course on [4 Simple Ways to Lead Your Family With Vision](#).

Learn how my wife and I have built our family with a thriving vision providing guidance, direction and purpose for our kids and for our marriage. This is something we feel families can't go without.

You think that by implementing these lifelong resolutions to develop a successful family are all about doing or having fun, you're missing part of the point. Truth is, with these lifelong resolutions you'll also help your marriage and your family discover various areas of God's purpose for your life.

I've also written a book in this area that will help you discover your God-given vision, while pursuing your purpose in life. Check the book [here](#).

Meanwhile, have fun developing lifelong resolutions with your family – successfully.

Alex Colón

<http://www.therebrandedlife.com/>

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