



# LIVE GUILT FREE

BY BOUNDLESS LIMITS

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## BE 100%

By Richard & Tanya Curren

One powerful way to be a voice of change and to make a difference in the world is to look at something negative and choose to turn it into something positive. This is something we try to do every day! Instead of looking at a situation and complaining about it, we look at it and ask ourselves how we can either correct it, take action to make it better or react to it in a positive way. And instead of focusing on a negative person's words or behavior, we observe them and choose to be different.

If you work in an environment and are surrounded by many different personalities, this is a powerful concept to grasp. It can be so easy to become offended by someone else's words or actions, and this can lead to awkward moments and tension in the workplace. Instead of focusing on how someone else is choosing to behave, we encourage you to focus on how you can be different. If they are speaking negative words, choose to speak positive ones. If they are rude or standoffish, smile and choose to be pleasant. When you take the high road and choose to focus on displaying Godly characteristics, it brings you inner peace and confidence. It also shows others around you that you are not easily swayed by negative words or behavior, which is a great way to be an example without even saying a word.

As we were preparing for this month's Live Guilt Free article, the words, "Be 100%," kept coming up in our conversations. We talked about different situations and people in our lives that we are dealing with and how we have to daily choose to be 100% authentic, clear, focused and committed. The reality is that at the end of our lives we stand alone before God and answer for our thoughts, words and actions – not the behaviors and actions of anyone else. So it is vital that we speak and behave in a way that honors God, brings us peace and releases us from any guilt or negativity designed to wear us down.

**As you daily embrace positivity, here are 4 areas where you can BE 100%**

### **BE 100% AUTHENTIC**

God designed you to be YOU. He didn't create you to be anyone else, so why waste any energy trying to fit into another person's shoes? Being 100% authentic means that you are

true to yourself. You shouldn't have to hide your emotions just to please someone else, nor do you have to chase someone down to try and create a relationship with them if they choose not to be your friend. Being totally and completely authentic with yourself and those around you will release you from preconceived mindsets of how you "ought" to think or act. When you know who you are in Christ, you have the confidence to walk in authenticity and in love. This doesn't mean that all of the relationships around you will instantly be pleasant, but it does mean that you can go to bed each night knowing you remained true to yourself and who God created you to be.

### **BE 100% CLEAR**

If you are tired, feel taken advantage of, pushed around or extremely overwhelmed, chances are high that you don't have defined boundaries. When you are 100% clear with your boundaries over your time, energy, and heart, you are able to protect your thoughts, words and actions. We have found that those who have unclear or very loose boundaries are those who are filled with anxiety, are always giving to the point of exhaustion and are often hurt by others because they haven't taken the time to establish any kind of border of protection over the things they value most.

We take the time to lock our car door when we go to the mall, set our alarm over our house at night and make sure to keep our Smartphone close by, but too often we won't stop and take time to set clear boundaries with ourselves and others. If you are someone who needs to do this, the best way is to stop and look at the things that are bothering you the most.

Do people pull on you to the point of exhaustion? If so, you need to decide how much time you can give, when you can give it and when to say "no." Do you feel like you are someone's verbal or emotional punching bag? If this is happening, you need to stop allowing anyone to demean or verbally destroy your self-esteem and instead know what words you will say to stop them the next time it starts. Is a particular relationship extremely draining on you or bringing you anxiety? If this is the case, you need to decide if this is a relationship you need to cut off or put very clear limits around. It isn't "un-Christian" to change the course of a relationship, and not all relationships are for life. Having the clarity and ability to define healthy relationships for YOU is a huge step in bringing you peace!

### **BE 100% FOCUSED**

Remain 100% focused on doing what you are created to do. This is something that we live each day and passionately pour into our son. When you lose focus, you become distracted. Distraction leads to confusion, and confusion leads to dismay. God's desire for you is to live a life of purpose, passion and joy! And His desire is that you remain focused on living out the MANY purposes He has for you.

The main reason we named our book, “*ON COURSE: Strategies For Successful Living*,” is because we so passionately believe in this concept. “*Like a ship at sea our lives need a charted course if we are to reach our destination successfully. A compass is necessary to keep the ship from drifting off course. Without the compass the chart is useless and the ship is merely drifting. If our vision is our chart, then goal setting must be our compass, always pointing the way. Our compass is a set of clearly defined objectives we set in order to reach the vision we have set for our lives. When we depart from these set goals, we are drifting off course.*” (Taken from chapter 4, “Power Perceived Is Power Achieved,” written by Richard Curren.)

This is so true! We can’t lead our family if we don’t know where we are going. And the reality is that we can’t complete our Godly assignments here on Earth if we are unfocused and allow our day or anyone else to define us. Allow no one or nothing to define you except for God. Who you are in Him is what matters, not what a co-worker, family member or friend may think of you. And no matter what opposition you may face and no matter how bleak the situation may seem, stay 100% focused on what God says about it.

If we allowed our bank account to define us or to determine our steps, we wouldn’t be doing what we are doing. And if we asked opinions from even half of the people we know, we would surely be influenced to do something else. This is why we know the value and importance of focus. By staying laser focused on our calling and the calling for our family, we have peace no matter what we face and confidence that God will provide and bring all things to fruition in His perfect time. This is the peace and confidence we desire you to have too, and we know that with your focus directed fully on God, he will give you this and so much more!

### **BE 100% COMMITTED**

Be 100% committed to shining the light and love of Jesus every day. There are so many hurting people in our world, and many of them don’t understand the true nature of Jesus Christ. There is so many false teachings, inaccurate books and negative press toward Christians and churches that many are defensive when presented with the Word of God. The best way to counteract the negativity and the falsehoods in our world is to live your life with passion and purpose as you share the true nature of God.

When others look at you, they should see something different. Your smile, your words and your life should be a joyous reflection of the God we love. When someone tells us, “You’re different,” we take it as the ultimate compliment, because if we can show Jesus to them in a way that hasn’t been presented before and they are drawn to Jesus in us, then we have accomplished our mission. No one is perfect and you don’t need to put that kind of pressure on yourself as you focus on this concept. Just remain faithful and true to the Lord as you live

your life and ask Him to shine through you every single day.

Doing the smallest action can bring someone immense joy, so never underestimate the power of your committed actions! If you can bring the light and love of Jesus Christ into someone else's cubicle, office or home, you are truly changing the world.

Be 100%. Find other areas of your life that you want to live with 100% authenticity, clarity, focus and commitment and watch how God uses you in new and powerful ways! Let nothing or no one distract you from your calling and from being filled with joy, confidence and peace. May you be filled with wisdom, clarity for your every step, peace and strength for your journey each day.

In His Love,

Rick & Tanya

## ABOUT THE AUTHORS



Richard R. Curren III is the co-founder and President of Boundless Limits International, Live Guilt Free and Best Life Strategies. He is a regular co-host of WATC TV's *ATLANTA LIVE*, an inspirational television show broadcast internationally. He is the co-author of **ON COURSE: Strategies For Successful Living** and its companion **ON COURSE: Life Application Study Guide**. He is also the producer of several inspirational videos including "*IT'S ABOUT TIME!*", which has been broadcast on television worldwide. He is also the developing producer for Scaly Adventures, a positive influential outreach to children using animals and nature to explore the wonders of God's creation. Rick's passion is to speak and motivate others to live to their maximum potential physically, mentally and spiritually. Through their events and publications, Rick and his wife Tanya inspire others and show that every person has boundless potential to change our world. He is a former United States Army Officer. Rick serves on the Board of Directors for the So Help Me God Project as an Advisor and is a founding Board Member. With a passion for health and fitness, he is a 2nd Degree Black Belt in Korean Olympic Tae Kwon Do, and serves as an Associate Instructor for Palmetto Martial Arts School.



Tanya Curren is the co-founder of Boundless Limits International, Live Guilt Free and Best Life Strategies. She is a regular co-host of WATC TV's *ATLANTA LIVE*, an inspirational television show broadcast internationally. She is also the co-author of **ON COURSE: Strategies For Successful Living** and the **ON COURSE Life Application Study Guide**, which has been distributed worldwide. In 2004 Tanya Curren was in a life threatening coma for 8 days as a deadly infection ravaged her body. Given two hours to live, she survived only to face the ordeal of a painful three year recovery. She is the author of **Broken Places, The Proverbs Devotion Guide, Embracing Change & Conflict**, and several other audio CD's. Tanya and her husband, Rick, are developing producers for Scaly Adventures, a positive influential outreach to children using animals and nature to explore the wonders of God's creation. In her conferences and seminars, Tanya shares with others the life-lessons she learned through her journey to restoration. Tanya travels and speaks at local, regional and international venues, and is passionate about guiding others to have a personal, real relationship with Jesus Christ. As an active homeschooling mother, she resides with her family in the mountains of South Carolina.