

5

HABITS  
OF A

woman

WHO  
DOESN'T  
QUIT

Nicki Koziarz

If you've ever felt like giving up on something, *5 Habits of a Woman Who Doesn't Quit* is the encouragement you need to help you press on. Because of Nicki's refreshing transparency you'll be able to connect your struggles to hers as she leads you to never settle for less than God's best. This is a fantastic resource!

Lysa TerKeurst, *New York Times* best-selling author and  
president of Proverbs 31 Ministries

I know how to quit things. Nicki does too. This is a fun and inspiring book about not quitting. It's about hanging in there and seeing the beauty in staying when you feel like bolting. Nicki doesn't tell us to just take a longer view of our circumstances, but a more accurate one of ourselves and what God might do if we didn't quit. *Five Habits of a Woman Who Doesn't Quit* won't make you want to be like Nicki; you'll want to be more like Jesus.

Bob Goff, best-selling author and speaker

Do you start out of the chutes with great ambition, but soon lose your steam? Ever vow to tackle projects, but then feel like the projects tackle you instead? If you are a quitter who longs to quit quitting, this book is your God-sent solution. *Five Habits of a Woman Who Doesn't Quit* will empower you to finish up instead of fizzling out, reaching your goals effectively. Highly recommended!

Karen Ehman, *New York Times* best-selling author of  
*Keep It Shut* and *LET. IT. GO.*, Proverbs 31 Ministries  
speaker, wife, mother, and recovering quitter

For years, I felt like a failure in my faith and in my calling because I quit something every week. Sometimes I turned in my resignation. Other times I secretly quit in my heart. But every time I gave up on ministry, threw in the towel on motherhood or called it quits on God, I wondered what was wrong with me. Why didn't I have the courage to persevere? If only I would have had *5 Habits of a Woman Who Doesn't Quit* by my friend Nicki Koziarz! If you're looking for a friend who gets you and who won't let you give up on yourself or your God, this book is for you! Packed with life-changing perspectives and stick-to-your-bones wisdom, Nicki has written a blueprint we'll turn to again and again, and a resource we will want to give all our friends!

Renee Swope, best-selling and award-winner  
author of *A Confident Heart* and Proverbs 31  
Ministries radio cohost

*Five Habits of a Woman Who Doesn't Quit* is bold, funny, transparent and practical. Nicki Koziarz will challenge you to evaluate your patterns, and give you practical handles for change. This book is a gift.

Holly Furtick, pastor's wife, Elevation Church

Only read *5 Habits of a Woman Who Doesn't Quit* if you want to laugh while being encouraged by Nicki's stories and her fresh perspective on the Bible. Guys, *5 Habits* is not just for the ladies; we can learn from Nicki's wisdom and her transparency. To know Nicki is to love her and the joy of the Lord that she has come through in this book. Make this your next group book study, you'll be glad you did.

Alan Patterson, campus pastor, Elevation Church

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FOREWORD BY LISA ALLEN



NASHVILLE, TENNESSEE

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To my Grandma LaFave,  
whose dream to write became  
fulfilled in the next generation





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of refinement.***

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## Foreword

I'm a woman who works out on a regular basis. But the other day as I drug myself through my typical workout, something in me wanted to give up. I contemplated quitting the last five minutes of my workout when Nicki's words about being a woman that doesn't quit rang in my head, "*A committed woman learns to choose what she wants most over what she wants now.*"

That day, I finished my workout because of what I had just read in *5 Habits of a Woman Who Doesn't Quit*.

As a life coach, speaker, and Executive Director of Ministry Training, I'm more passionate about *transformation* than just a lot of *information*. We can read books filled with great information; but if it doesn't lead us to become different and be transformed because of what we read, then it's just a terrific story.

And that's what *5 Habits of a Woman Who Doesn't Quit* offers—*transformation*.

This book put practical application in my hands combined with biblical truth that will help me achieve my goals and live my best life. Whether you need to persevere through a hard marriage, career goals, or lose that last

few pounds, this book will help you uncover the obstacles you're tripping over to cross your finish line.

The five habits that pour forth from Nicki's teaching about Ruth take a familiar Bible story and shake out fresh insights that translate into real action in our lives.

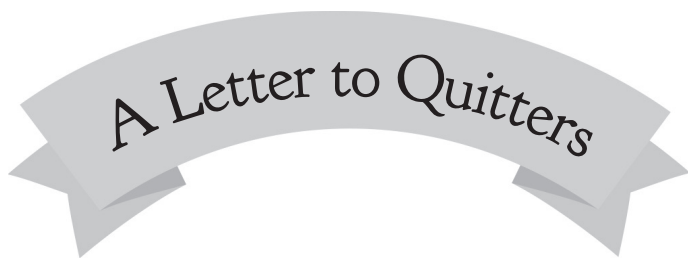
Do you want to keep your word? Reach your goal? Stretch your comfort zone? Chapter after chapter will serve as motivation and wisdom.

Once you jump into these pages, you will find yourself wanting to call a girlfriend, coworker, or family member to share quote after quote that will challenge you and really make you think. Who doesn't love a book that naturally builds our private perseverance, but also creates the desire to share with those closest to us? Personal development and community building all in one resource!

I have watched Nicki struggle with giving up personally and professionally, yet muster up the courage, with God's help, to conquer quitting. Even while writing this book, I know it would have been easier and more convenient for her to just put it off. But Nicki allowed me and others, to encourage her to the finish line. She'll do the same for you in this book, support you to finish!

The book you're holding is because Nicki is a woman who doesn't give up. I'm so grateful she pressed on and you will be too.

—Lisa Allen, Executive Director of Ministry Training  
at Proverbs 31 Ministries



# A Letter to Quitters

To the Quitters,

I get you.

I am you.

I run when things get hard. I quit when I don't like how things are turning out. The thought of staying planted anywhere makes me feel like it's going against the grain of who I am. In fact, this book you're holding almost didn't happen.

Because hello, my name is Nicki, and I've quit everything. *I'm not even exaggerating.*

I quit this process more times than I can count. I quit pursuing it. I quit trying. I quit praying for it. I quit believing God for it.

But the day came when I got fed up with my cycle of defeat. And since then, I have been a woman on a mission to reverse the effects of quitting on my life.

I began by going back. Back to my faith, back to my dreams, back to my hopes, and back to the woman I wanted to become. With the foundation and goals in full view, I had to go back and ask these types of questions:

*When did you start to believe you are weak? you are not able? you want to quit? you need to give up? you don't deserve to win?*

I realized all the things that were keeping me stuck in the process of failure: my thoughts, my insecurities, my low self-esteem, and my disbelief in myself. I discovered I am in fact my own greatest enemy. And one day I had enough. I said, "No more."

By myself I survived defeat temporarily. But the cycle would sneak back up on me. I felt like I was made to eventually quit. I needed someone I could get behind and learn how to break the cycle of defeat, failure, and quitting.

I found her. Her name is Ruth. And friend, this woman had more determination, commitment, drive, and belief than any woman I've ever actually met. Her story is found in the Bible. And Ruth taught me five life-changing habits.

Habits that have helped me find bravery in the midst of this quitting battle. These five habits have messed with me in the best possible ways. They help me stay when I want to run. I definitely don't have these habits perfected, but they have kept me in process.

And through this internal reflection of mine, I've discovered I'm not alone. There are others who are just sick and tired of feeling like a loser. So one day I took these private thoughts and had a public conversation with others about defeat. Instead of judgmental glares, I found the words "me too" to be the connector of our souls.

I don't want to quit, but I do. *Me too.*

I feel like I don't have what it takes. *Me too.*

I want to run away. *Me too.*

I can't stick out most commitments I've made. *Me too.*

I've yet to meet someone who hasn't quit something in her life. You and I need this process. We are bent but not completely broken. There's too much at stake to settle.

I promise I'm way more messed up than you. I've quit more than you've ever quit. I almost missed it. It was almost too late for me. But it wasn't. Change has stayed possible.

*Will you strive to be a woman who doesn't quit?*

Your dream is not dead. Hope is still a possibility. It's not over.

With you and for you,

Nicki Koziarz





***Habit One: She accepts the assignment of refinement.***

*Has anyone ever told you they couldn't count on you?*

It's definitely not the most awesome sentiment to receive. Especially when it seems to come out of nowhere! Which is exactly how this entire journey began for me.

He leaned against our painted white cabinets with his arms folded across his chest and shook his head in annoyance. Was he joking? I couldn't even believe the shocking words he just spit out of his mouth. It was about to turn into a word war zone in the Koziarz house.



With a trip to Africa just a few weeks away, Kris, my husband, came home from work that Friday night mumbling something about me needing to bake cookies and wash cars the next morning to help raise funds for his trip.

But I had a *few issues* with his mumbling.

First, I was like, *Kris, really?* Car washes and bake sales are for junior high students. Second, I did not remember agreeing to participate in such a *fun* festivity. I even checked our family calendar app to make sure I hadn't forgotten a prior agreement between us, but this was **not** on the schedule.

And third, I had already planned out my whole Saturday. I simply could not understand why he was unable to see everything I had going on and why participating in this fund-raiser was not my top priority.

*Someone* has to drive these three girls of ours through six car lines a day, get the nail polish out of the carpet, wash three hundred loads of laundry, chase the dog down the street from the angry UPS man, work part-time, and cook meals no one likes. I do not have the energy for car washes and bake sales. Especially ones I didn't remember agreeing to help with!

The silence through dinner was deafening, and all I could think about were those rude words he spoke to me.

I was too someone he could count on!

Did our kids always get picked up from school? Yes. Well, there was that one time . . . and then that other time.

And oh yes, the time I thought the other carpool mom was picking up? #whoops

Did he have dinner to eat that night? Yes.

Did he have clean socks on? Yes. And I know they weren't matching, but they were clean!

Undone from this trying day, I laid my tired head on the pillow. My final thoughts of the day concluded I was as dependable as they came! And if he couldn't see that, it was his issue, not mine.

All was well in my safe, selfish world until about 5:30 the next morning.

It's pretty unlawful to wake up at 5:30 on a Saturday morning without an alarm clock, but there I was. Wide awake. And angry. Kris's words from the night before hovered over my thoughts. He made clear he felt I was a commitment dropout. I totally disagreed, but why were his words bothering me so much?

I tried to go back to sleep. But I knew the coffeepot would be my only companion for this early hour emotional confrontation. So I made my way downstairs and poured myself a hot cup of self-pity.

On the white couch, with the coffee and the muddy-puppy-paw-print stains, is where I began to have an unexpected encounter with God. My Bible sat on the cushion next to me. So I opened it up and started to find a verse to help me sort through all this emotional exhaustion I was feeling about the situation.

Honestly, I was looking for a verse to help justify my feelings. Tell me you've done this too? But I opened to this verse that was just rubbing me *all wrong*.

"Whoever is faithful in very little is also faithful in much." (Luke 16:10)

My eyes wandered over those words for about ten minutes. And, for the first time in my life, I wondered if I was someone who could be trusted with much.

## Personal Agendas

As I wrote in my journal that morning, my soul began to ache. I arrived before God with a personal agenda.

*Bless me, O God, in my selfishness, in my disobedience, and in my pride.*

Taking our personal agenda to God and asking Him to bless it is always dangerous and detrimental. I felt this deep sense of conviction. Since my husband told me he couldn't count on me, I wondered if God feels that way too?

Taking our agenda to God and asking Him to bless it is dangerous and detrimental.

I began to recall many things I had agreed to do in my heart but never followed through in my actions. Commitments like turning to God

instead of food. Being slow to become angry. Loving others more than myself. Giving generously and doing what I said I would do.

This situation with Kris wasn't the first time I had to confront my commitment issues. I'd been promising more than I delivered for a lifetime. I had been a quitter and a runner from all things.

But adversity brings the opportunity to introduce us to ourselves in a new way. And the way I had approached my lack of commitment before was just to live in a state of denial. This time something felt different inside me.

The whole situation was so internally conflicting because I'm a woman who has a longing to be used by God. I want my life to count for something more than just fulfilling my own desires. I have dreams to make a difference in my generation for the good.

As I sat there reflecting on Luke 16:10, my spirit could sense God's disapproval with my decision about not going to the fund-raiser. All I could think about was this verse, my dreams, and how closely connected everything was. It was as if God were whispering:

If you can't be trusted with *this*, how can you be trusted with *that*?

Intentional steps of obedience mean more to God than we might realize. We want God to do great things in and through our lives, but many of us find ourselves wading