

CONFIDENCE IN ACTION

Your Goals

Goal Setting Guide

“Make space in your life for what’s important, and then plan for it.”

– Kerri Weems, *Rhythms of Grace*

*If nothing changed in your life in the next five years,
would you be okay with that?*

Goals can change, but they give you a starting point and a definite destination.

They help you take ownership of your life and with God’s direction, to set sail.

To fulfill your God-given purpose, you need to set goals in every area of your life: relationships, work, spiritual aliveness, physical health, mental health and financial! Here we go!

SMART GOALS

1. **Specific:** How will you know when you’ve reached your goal?
2. **Measurable:** How will you know whether you are making progress towards your goal?
3. **Action Oriented and Achievable:** What specific steps can you take towards reaching your goal?
4. **Realistic and Rewarding:** How will this goal benefit you? Is it reasonable for you to make time to reach this goal?
5. **Time Limited:** When do you want to reach your goal?

Step 1: Recall your theme for the year. What is it?

Step 2: Order the following according to the ways you feel God is calling you to grow:

- | | |
|--|--|
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Physical Health |
| <input type="checkbox"/> Work | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> Spiritual Aliveness | <input type="checkbox"/> Financial |

Step 3: For each area, repeat the following process:

- A. Define what flourishing looks like
- B. What this looks like for you
- C. A concrete measurable goal
- D. Action steps

Relationship Goals

Kaitlyn's RELATIONSHIP Goals

A. Flourishing is:

Investing my time with the right people, in the right place, at the right level

B. What this looks like for me:

Be fully present

Unapologetically prioritize inner circle

Love people for who they are, not what

C. Main Goal:

Build strong relationship with my sister

D. Action Steps:

Weekly intentional phone call

Ask good questions

Go visit her at least every six months

**Before you set your relationship goals, place your relationships
in the right ring to help you prioritize your relationships!**

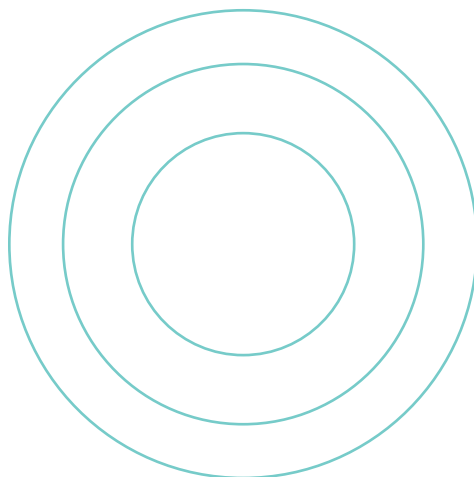
Inner Ring – Close friends and family **Middle Ring** – Friends and relatives

Outer Ring – Community associations, clubs, co-workers, groups, etc.

INNER

MIDDLE

OUTER



Your *RELATIONSHIP* Goals

A. Flourishing is:

B. What this looks like for me:

C. Main Goal:

D. Action Steps:

People consistently live up to the expectations held closest to them. For example, if the people closest to you believe you will never achieve anything great in your life, you likely won't. If they believe you are gifted and capable of much, you are much more likely to discover and develop your strengths and abilities, use them to accomplish all God intends you to – and walk in your calling and destiny. Your relationships are so important!

You are 80% more likely to accomplish your goals simply by writing them down!

Work Goals

Kaitlyn's WORK Goals

A. Flourishing is:

My work is an expression of worship to God

B. What this looks like for me:

Value process NOT product

I am satisfied and content with one day's work and I end a workday with time and energy left over

My work does not make me more valuable and does not define me

Is meaningful, gives me purpose and fulfillment

C. Main Goal:

Create a systemized plan with all details for the year ahead for Sisterhood Ministry

D. Action Steps:

Make a quadrant plan and prioritize it

Spend three days next week developing this plan

"Our greatest fear should not be failure but of succeeding at things in life that don't really matter."

– Francis Chan



Your WORK Goals

A. Flourishing is:

B. What this looks like for me:

C. Main Goal:

D. Action Steps:

“People should be satisfied with all their hard work. That is God’s gift to them.”

– Ecclesiastes 3:13 NIRV

Spiritual Aliveness Goals

Before setting goals for SPIRITUAL ALIVENESS, consider the following spiritual disciplines. Remember that spiritual disciplines are always to enhance and build your personal relationship with Him!

Tips for Prayer:

- Use a framework
- Set a consistent time/place
- Start small
- Pray at all times

Tips for Solitude and Meditation:

- Start small
- Get alone with God
- Seek wisdom
- Very early in the morning may be a good time

Tips for Scripture Engagement:

- Journaling
- Teaching/telling
- Pray scripture
- Memorize scripture

Tips for Fasting:

- Limiting social media engagement
- Television
- Work out schedule
- Replace whatever you have removed with God-focused thoughts or activities

Tips for Simplicity and Service:

- Practice these together
- Practice secrecy (do good in secret)
- Do acts of love not to check it off a list, or to appear a certain way, but to love
- Spend time in God's presence

Tips for Submission:

- Be obedient in the small
- Practice repentance
- Keep short accounts

Kaitlyn's SPIRITUAL ALIVENESS Goals

A. Flourishing is:

Spiritual disciplines are life-giving, sustainable and create space for growth

Not mechanical, but relational

My intimate relationship with Jesus is the number one priority of my life

B. What this looks like for me:

Not mechanical, but relational

My intimate relationship with Jesus is the number one priority of my life

Spiritual disciplines are life-giving, sustainable and create space for growth

C. Main Goal:

Practice the discipline of celebration

D. Action Steps:

Do one thing a week just for fun!

Practice prayer time daily

*“Let us be among those who believe that the inner transformation
of our lives is a goal worthy of our best effort.”*

– Richard J. Foster

Your SPIRITUAL ALIVENESS Goals

A. Flourishing is:

B. What this looks like for me:

C. Main Goal:

D. Action Steps:

*When your priorities, calendar and wallet
correspond – peace and purpose grow.*

Physical Health Goals

Kaitlyn's PHYSICAL HEALTH Goals

A. Flourishing is:

Healthy relationship with food and fitness

B. What this looks like for me:

Care for this temple through nutrition, exercise, preventative medical care

Exercise for health, mental alertness, worship

Treat food as fuel and healthy enjoyment!

Love, love, love and embrace my body!

C. Main Goal:

Participate in the Grand Fondo bike race

D. Action Steps:

Ride on Monday and Thursday nights

Eat healthy fats daily to gain muscle

Bike to work

Body Health Check List:

- Drink water
- Go for walks
- Get eight hours of sleep
- Rest!
- Laugh, smile and enjoy!

Exercise Because:

- It gives your brain power
- Boosts your immune system
- Reduces stress
- Improves sleeping pattern
- Sharpens memory
- Lessens fatigue
- Increases self-control
- Strengthens your heart
- Improves your quality of life!

“God created your body, Jesus died for it and the Holy Spirit lives in it.”

– Pastor Rick Warren

Your PHYSICAL HEALTH Goals

A. Flourishing is:

B. What this looks like for me:

C. Main Goal:

D. Action Steps:

“The feeling of being hurried is not usually the result of living a full life and having no life. It is – on the contrary – born of a vague fear that we are wasting our life. When we do not do the one thing we ought to do – we have no time for anything else – we are the busiest people in the world.”

– Eric Hoffer

Mental Health Goals

Kaitlyn's MENTAL HEALTH Goals

A. Flourishing is:

Managing stress, staying active, social connection, quality sleep, a sense of meaning and purpose

B. What this looks like for me:

Regular exercise

Counselling relationship

Noticing when I am anxious

Noticing when holy hustle becomes anxious hustle

REST regularly!

C. Main Goal:

Practice rest

D. Action Steps:

Take a 24-hour weekly Sabbath

Schedule 1-2 nights at home per week

Break the Stigma:

1. It's okay to struggle
2. Don't believe every thought you have
3. You deserve support
4. There is no shame if you struggle with mental health issues
5. Journal and track your days if you are struggling
6. It's okay to say no
7. Set boundaries
8. Don't be afraid to see a counsellor!

Your MENTAL HEALTH Goals

A. Flourishing is:

B. What this looks like for me:

C. Main Goal:

D. Action Steps:

*Good mental health isn't just the absence of mental health problems.
It is the presence of positive things like staying active and having
life-giving social connections! It means enjoying hobbies
and pastimes and living with purpose!*

Financial Goals

Kaitlyn's FINANCIAL Goals

A. Flourishing is:

I am aware of how I am spending my money, acting as a good steward of all God has given me. I do not idolize money, it is a blessing, and I thankfully enjoy God's provision while living generously

B. What this looks like for me:

I need to track finances better so I know where my money is going. This way, I will be able to make informed decisions and plan proactively with my finances

C. Main Goal:

Track the amount of money I am making and spending each month, and how I am spending it

D. Action Steps:

Use the spending app to track income and spending. Every time I make a purchase, I will enter it into the spending app. I will reflect on this at the end of the month to assess and adjust my plan for the month ahead

"We must remember we are stewards of what God has provided for us. Not owners."

– Joyce Meyers

Your FINANCIAL Goals

A. Flourishing is:

B. What this looks like for me:

C. Main Goal:

D. Action Steps:

*What you do today matters because you will carry
your choices from today into your future tomorrow.*