



Questions to Ask in Making Plans/Goals for the New Year:

1. Begin in prayer asking the Holy Spirit to lead you. You may take a day to pray and fast before you answer the following questions. Seek God's wisdom. Remember that our ultimate goal is to live a life pleasing to the Lord. Seek Him as to how you can set goals that will accomplish this.
2. What goals/plans/New Year's resolutions did you have the past year that you were successful in accomplishing? If you journaled during the year, read over your journal to get ideas for this question. You may want to talk to someone who knows you well about this.
3. What goals/plans/New Year's resolutions did you have the past year that you were NOT successful in accomplishing?
4. Why were you unable to accomplish them?
5. What goals/plans/New Year's resolutions from last year would you like to continue to work on?
6. Are there any slight adjustments that you want to make to the goals you wrote in #5?
7. What new goals/plans/resolutions do you want to make for this year? You also can say, no new ones or just fill in goals in one or a couple categories. Only write a maximum of one goal per category.
 - a. Physical goal (i.e., exercise, cook and eat healthier, etc.) –
 - b. Spiritual goal (i.e., read through the Bible, learn more about prayer, meditate more, etc.) –
 - c. Intellectual goal (i.e., learn a new skill or hobby, take a new course, etc.) –
 - d. Relational (i.e., spend more time with a friend each week, encourage my significant other more, etc.) –
 - e. Emotional (i.e., learn some relaxation techniques, get some coaching to work through my anxiety, etc.) –
8. It is best to choose one to three of the goals from questions 5-7 and only focus on them until you feel they are accomplished or take little effort to do. Write these here.
9. For each of the goals you wrote for question 8, write out specific steps you will take to accomplish these.
10. Write down a person who can help hold you accountable to these.

