



SETTING GOALS



“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me, and I will listen to you. You will seek me and find me when you seek me with all your heart” (Jeremiah 29:11-13).

“Plans succeed through good counsel” (Proverbs 20:18).

Principles for planning:

1. Seek the leading of the Holy Spirit. Pray for God to guide you as you make plans.
2. Life altering plans should be preceded by lots of prayer and fasting and seeking others' wisdom and prayers.
3. After you write out your goals, continue to listen to the Spirit as to when, how, and how long you should carry them out.
4. After writing out your goals, in prayer, look at them again to consider what your motives were in choosing the goals that you chose. Are they in alignment with God's will and your priorities?

Steps to Setting Goals:

1. Pray and ask the Lord to lead you in your planning time.
2. Set the amount of time to accomplish these goals (i.e., one semester, one year).
3. Write down what goals you had in the last season that you were successful in accomplishing? If you journaled during the year, read over your journal to get ideas for this question.
4. What goals did you have that you were NOT successful in accomplishing?
5. Why were you unable to accomplish them?
6. What goals during last season would you like to continue to work on?
7. Are there any slight adjustments that you want to make to these goals?

8. What new goals do you want to make for this season? You may repeat the goals from the season before with any adjustments you want to make, rather than have new goals or have some repeats and some new goals.

9. You can have goals in several categories. You do not need to have a goal in every category, but you should have goals in at least two categories. Typically, set just one or two goals in a category. Begin by making them more general goals. You will get more detailed in the following steps.

- a. Physical goals (i.e., exercise, cook and eat healthier)
- b. Spiritual goals (i.e., read through the Bible, learn more about prayer, meditate more)
- c. Intellectual goals (i.e., learn a new skill, take a new course)
- d. Relational goals (i.e., spend more time with friends each week, encourage my significant other more)
- e. Emotional goals (i.e., learn some relaxation techniques, get some coaching to work through my anxiety)

Note: It is best to choose two to three of the new goals from questions 5-8 and only focus on them until you feel they are accomplished or take little effort to do. After you accomplish these goals, then go back to your goal sheet, and add one of the other goals you had put down or adjust the ones you just accomplished.

10. For each of the goals you wrote for question 8, write out specific steps you will take to accomplish these. Be as specific as you can be. For example, if you said, “I want to grow in my prayer life,” you may have the goal, “Read the book *Prayer and Healing* by David Chotka and join the healing prayer group at church.

11. Write down a person who can hold you accountable to your goals. Decide together how she/he will do this. You may have different people for each goal.

12. Look back at your goals and decide if they are specific enough, achievable, and reasonable considering all your resources and other responsibilities.

