

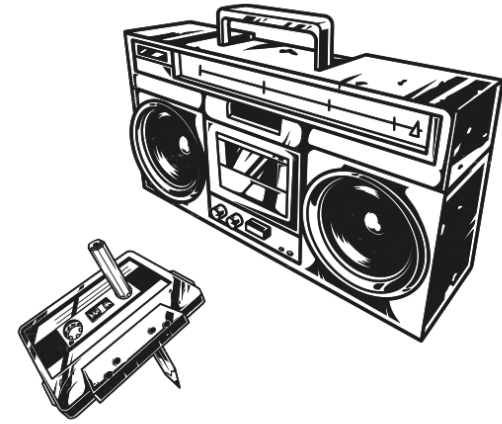
how to set a goal & make a plan

Write it Out - Be bold and specific

Review, Review, Review - Check in *daily, weekly, monthly and yearly*

Reward Yourself - Celebrate progress (big and small)

See What God Will Do - Invite God into your goals and be open to surprises

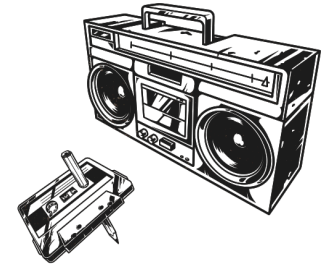


Short Term Life Goals - *next 1-6 months*

	goal	type of goal	timeline	rewards	where did I see God show up?
1					
2					
3					
4					

Types of Goals: *Family - Friendship - Marriage/Partner - Fitness/Health - Travel - Financial/Investment - Educational - All About Me - Practical (To Do) - Giving Back/Charity - Outrageous - Spiritual*

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Long Term Big Life Goals - *next 1-5 Years*

	goal	type of goal	timeline	rewards	where did I see God show up?
1					
2					
3					
4					

Types of Goals: *Family - Friendship - Marriage/Partner - Fitness/Health - Travel - Financial/Investment - Educational - All About Me - Practical (To Do) - Giving Back/Charity - Outrageous - Spiritual*

Next Step:

- Break the big goal down to monthly goals
- Ask yourself: *What monthly goals can I set to help me achieve my big long term goal?*

Need some goal ideas? We've got you covered!

Family Goals:

- *Plan a meaningful activity with family to start the year*
- *Schedule regular time with extended family*
- *Stay connected with relatives you don't often see*
- *Take a family vacation*
- *Plan a group trip with siblings or close relatives*
- *Organize a memorable family experience or reunion*

Friendship & Social Goals:

- *Attend a concert or fun event with friends*
- *Host or attend a New Year's gathering*
- *Organize monthly hangouts like movie nights or dinners*
- *Host a themed gathering (e.g. game night, mystery dinner)*
- *Plan regular physical activities with friends (e.g. golf, walks)*
- *Schedule double dates or group outings*

Financial & Investment Goals:

- *Set a savings target for the year*
- *Build or expand investment portfolio*
- *Strengthen your emergency fund*
- *Practice regular generosity*
- *Start tithing*
- *Set a giving goal for charitable or personal causes*
- *Commit to saving a specific percentage of your income*
- *Establish long-term savings milestones (age-based goals)*

Marriage / Partner Goals:

- *Plan a weekend getaway*
- *Prioritize regular date nights*
- *Attend a couples' retreat or relationship workshop*
- *Plan meaningful experiences together (travel, events, hobbies)*
- *Explore a new city or destination as a couple*

Fitness / Health Goals:

- *Exercise consistently throughout the week*
- *Set and complete a physical challenge (e.g. push-up streak, race)*
- *Incorporate virtual or in-person fitness classes*
- *Attend a wellness or fitness retreat*
- *Track health milestones (e.g. weight, strength, endurance)*
- *Try new physical activities (running, pilates, cycling, martial arts, yoga etc.)*
- *Eat mindfully and nourish your body*
- *Register for a wellness or endurance event*

Travel & Adventure Goals:

- *Plan a relaxing getaway or retreat*
- *Travel to a dream destination*
- *Explore new places (locally or abroad) throughout the year*
- *Schedule seasonal getaways to recharge*
- *Take a personal or group trip that brings joy and rest*
- *Attend a sports, arts, or cultural event in a different city or country*

Educational & Growth Goals:

- *Attend a personal or professional development event*
- *Invest in a leadership or mindset training experience*
- *Take an online course or workshop in a new area of interest*
- *Engage in learning opportunities relevant to personal goals*

Practical / To-Do Goals:

- *Complete a home improvement or decluttering project*
- *Refresh or renovate a room or space*
- *Replace or upgrade key household items*
- *Take care of essential repairs or maintenance tasks*

Spiritual Goals:

- *Fast monthly (individually or with others) to seek God's direction and deepen dependence on Him*
- *Release control and practice surrender to God's will*
- *Give generously and sacrificially to people in need, churches, or ministries*
- *Read through the Bible or a book of the Bible with intention*
- *Time in daily prayer, worship, & listening to the Holy Spirit*
- *Participate regularly in your local church community (serving, giving, belonging)*
- *Read books that will stretch and form your faith*
- *Memorize Bible passages that speak into your current season*
Create margin for silence, solitude, and Sabbath rest
- *Attend a group or discipleship course*
- *Ask God regularly, "Who can I bless or serve today?"*
- *Share your faith with others through words and actions*
Write down answers to prayer and track what God has done
- *Be mentored or disciple someone*

All About Me (Personal Enrichment):

- *Complete a personal fitness challenge*
- *Read a set number of books in diverse categories*
- *Dedicate time weekly to a hobby or interest*
- *Engage in a sport or creative activity regularly*
- *Attend events or experiences that bring you joy and energy*

Giving Back / Contribution Goals:

- *Gift a meaningful experience to someone else*
- *Donate to causes or organizations that matter to you*
- *Volunteer regularly in your community*
- *Support family, friends, or others in need*

Professional Goals:

- *Set monthly and annual work-related benchmarks*
- *Schedule regular client or customer connections*
- *Update professional materials (presentations, documents, marketing)*
- *Host or attend appreciation events for stakeholders*
- *Attend relevant team meetings or strategy sessions*
- *Engage in professional coaching or mentorship*
- *Connect meaningfully with colleagues or clients*
- *Stay on top of administrative and financial tasks*
- *Increase visibility (e.g. through networking, content creation)*
- *Give back through your work (e.g. school donations, sponsorships)*
- *Update your resume*
- *Keep professional tools and systems up to date*
- *Celebrate annual milestones and wins*

Long-Term Vision Goals:

- By the end of 3, 5, or 10 years, I want to:
- Be free of major debts or mortgage
 - Own _____ income-generating assets
 - Have \$_____ in savings or investments
 - Reach a net worth goal of \$_____
 - Travel to _____ dream destinations
 - Support _____ people in meaningful ways
 - Live in a space or location that aligns with my dreams
 - Be living a life marked by peace, purpose, and strong relationships

Notes:

Outrageous / Stretch Goals:

- *Donate a significant sum to causes or communities in need*
- *Fund a family or group experience (trip, retreat, celebration)*
- *Attend a world-class event (sports, wellness, creativity, concert)*
- *Buy a vacation property or second home*
- *Take a year off to travel the world*
- *Help someone close to you buy their first home*
- *Join a world-renowned leadership or coaching program*
- *Become debt-free across all properties or obligations*
- *Attend a major global event (Olympics, Super Bowl, spiritual gathering)*
- *Go on a Global Discovery Missions Trip*
