

The following is a 10-step goal setting outline. In workshops this takes about 2-3 hours to complete.

Before you start, set aside some time to pray that God reveals what areas He wants you to work on and the goals He has for your life. As you set goals in each area stop to pray and listen for God's voice as you set your goals.

Step #1 - Select areas to set goals:

Look at the list below and decide which areas you want to set goals in. Feel free to create your own area not on the list. Grab a notebook and write the name of each area at the top of a blank page giving each area its own page.

Spiritual

Financial

Marriage/Romance

Family

Health/Physical

Work/career

Personal and Social

Mind/Intellect

Recreation

Giving

For example, I picked Spiritual, Marriage, Family, Health, Work and Giving. I gave each of them their own page and wrote the title at the top.

Step #2 - Write for each area:

Where I am

Where I want to be

Steps to get there

Do this for every area.

For example, on my spiritual page I wrote:

Where I am: Somewhat connected to God, but not consistently seeking Him.

Where I want to be: Continually connected to God. Following His will in my life.

Steps to get there: Spend time with God every morning renewing my mind. Pray throughout the day. Do in depth bible studies either alone or in a group.

Step #3 - Pick one goal that if it happened this year it would change your life.

Pray that God reveals to you which area He wants you to focus on.

God told me to focus on my spiritual life because if I am constantly connected to God it will change my life. He will guide me in everything. Some people will pick financial goals, some will pick health including weight loss, and some marriage goals. It's what you feel God wants you to focus on.

Step #4 - Take that one goal and write it on an index card

You are going to carry this card with you everywhere. You can write verses or affirmations on the card to help you. Look at this card often and focus on it.

Step #5 - Take another index card and write "Daily" at the top

Go through each area and write down the one thing you can do "daily" that will help you reach that goal. Don't make it overwhelming. Just pick one thing from each area that would be a daily to do.

Mine says:

Spiritual: Constant connection with God. Daily prayer and meditation.

Marriage: Pray together and do daily devotions.

Family: Sit down to family dinners nightly.

Work: Make \$400 a day.

Health: Work out daily and eat healthy.

Giving: Do something kind for someone every day.

Step #6 Take another index card and write "Weekly" at the top

Go through each area and write out "weekly" to do items. These will be different than "daily". You may not have one for every area.

Mine says:

Spiritual: Weekly bible studies with my women's group.

Marriage: Weekly planning meetings and date night.

Family: Sunday family fun day after church.

Work: Make \$2000 a week.

Giving: Volunteer at church on Sunday, tithe.

Step #7 Take another index card and write “Quarterly” at the top

Go through each area and write down “quarterly” items to do. Again, you may not have one for each area.

Mine says:

Spiritual: Spend an extended period of time with God (get away with God.)

Marriage: Overnight or longer get away with my husband.

Step #8 Pull out your calendar and input anything you need to for your goals

If you have things on a calendar, you’re more likely to follow through.

I input things such as date nights, pencil in future overnight trips etc.

Step #9 Write affirmations

Look at each area and write out an affirmation as if your goal is already accomplished. You may have 3 or 4 for each area.

Some examples are:

I am chosen by God to do great things

My husband and I are rock solid and totally united

I make \$50,000 a year in residual income

Repeat these every day out loud. Try and attach feeling to them like they are already a reality.

Step #10 Find an accountability partner and agree on times to meet or talk about your goals

Having someone to be accountable to other than yourself is huge. Ask a friend or mentor to help you stay accountable and set times in advance to meet.

The goal daily is to concentrate on your number 1 goal. If you fall short on all the other ones it’s ok. Concentrate on the number 1 goal and carry it with you. Focusing on one area at a time will make all of your goals easier.