

New Year, New You
How To Set And Reach Your Goals

1. _____
Philippians 3:13 *Brothers, I do not consider myself yet to have taken hold of it...*

KEY Question: What problems am I facing in these areas?

- *Financially *Spiritually *Physically *Mentally
- *Family/Relationally *Work/Business *Personally

2. **Decide where you want** _____
Philippians 3:13,14 *Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

3. **Depend on** _____ **through** _____
a) Father, what goals do you want me to set?
James 4:15-16 *"What you ought to say is, 'If the Lord wants us to, we shall live and do this or that.' Otherwise you will be bragging about your own plans, and such self-confidence never pleases God."*

b) Father, please help me accomplish these goals

4. **Design** _____
Key: What's the one _____?
Proverbs 21:5 *The plans of the diligent lead to profit as surely as haste leads to poverty.*

5. _____
Proverbs 27:17 *As iron sharpens iron, so one man sharpens another.*

- *Available
- *Serious
- *Encouraging

SMARTER Goals

- S:** Specific: "Lose 1 lb a month" NOT "lose some weight this year"
M: Measurable: How will I know if I have achieved this?
A: Actionable: Start each sentence with a verb like "quit, run, finish, eliminate..."
R: Realistic: You won't win a gold medal in the Olympics next year in any event so don't put it down
T: Time-bound: It must have a date. "Lose 10 lbs by June 1"
E: Exciting: Why do you want this? If you accomplish this what will happen? What's the payoff? Can you picture it?
R: Relevant to your seasons of life:

Sample Keystone Habits

- Track what you eat every meal
- Exercise 5 times per week
- Make your bed each morning
- Plan your day the night before
- Spend 15 minutes each morning with God
- Eat family dinners together

A Sample Goal

- Step #1:** Problem: I have too much debt
Step #2: Goal: I want to pay off \$6000 in debt in the next 12 months
Step #3: Prize: If I do this...
-I will have less stress in marriage because we won't be fighting over money
-I won't need to panic when I face an unexpected expense
-I will have more money to use because I will have no more interest payments
Step #4: Include GOD! Pray about this daily
Step #5: Make a plan. How will I do this?
-First I will build an emergency savings of \$1000
-Second, I will clip all my credit cards and use only debit cards
-Third, I will join a Financial Peace University group in February

Step #6: Tell someone! Who can I ask to check in on me monthly?

1. What's one thing you could do this year to increase your enjoyment of God?

2. What's the most humanly impossible thing you will ask God to do this year?

3. What's the single most important thing you could do to improve the quality of your family life this year?

4. In which spiritual discipline do you most want to make progress this year, and what will you do about it?

5. What is the single biggest time-waster in your life, and what will you do about it this year?

6. What is the most helpful new way you could strengthen your church?

7. For whose salvation will you pray most fervently this year?

8. What's the most important way you will, by God's grace, try to make this year different from last year?

9. What one thing could you do to improve your prayer life this year?

10. What single thing that you plan to do this year will matter most in ten years? In eternity?

5 Ways To Wreck Your Life

#1: Coast

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*Make your goals _____

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SMART Goals

- S:** Specific and measurable
- M:** Motivating
- A:** attainable
- R:** Relevant
- T:** Trackable

Sample Action Plan

- I will eat 6 balanced meals a day (1 every three hours)
- I will wake up to exercise first thing in the morning 3 x a week.
- I will do 5 weight training sessions a week.
- I will get 8 hours of sleep (7 minimum) every day.
- I will drink 1 gallon of water a day.
- I will only have 1 cheat meal a week.

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