

Unstuck

#3: 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. _____

a) Father, what goals do you want me to set?

Psalms 23:3 *He guides me along right paths, bringing honor to his name.*

b) Father, please help me accomplish these goals

4. **Design** _____

Key: What's the one keystone habit?

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

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Write out your Goals and then make them SMARTER

- 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. Lost 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?

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