

This Is My Year
How To Set And Reach Your Goals

1. _____

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

Questions: What problems am I facing in these areas?

What do I want to be better in 2023?

What skills do I need to develop in 2023?

What might God want me to change/improve?

Is there something I need to start or stop doing?

*Financially *Spiritually *Physically *Mentally

*Family/Relationally *Work/Business *Personally

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."*

2. _____

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. Design _____

Key: What's _____

Proverbs 21:5 *The plans of the diligent lead to profit as surely as haste leads to poverty.*

4. _____

a) Get wisdom _____

Proverbs 19:20 *Get all the advice and instruction you can, so you will be wise the rest of your life.*

b) Ask someone _____

Ecclesiastes 4:9 *Two people are better off than one, for they can help each other succeed.*

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. 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... (Why is this exciting to you?)

-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: Review it with a friend once per month