

## **The Power of Goal Setting For Your Life**

*Do you ever feel stuck? Not sure what to do next? Just totally bored and lacking motivation?*

Goals give you a direction and help you make progress.

When you can get clear about your goals, you can get clear about the action you need to take.

### **Your actions matter more than your outcomes**

Over the next several pages, you are going to define your long-term desired outcomes and then begin to break those down into medium- and short-term goals, and then ultimately into small daily actions.

***You cannot control your outcomes.***

***But you can control your actions and your effort.***

Thus, the aim of this goal-setting section and the habits section that will follow is to **connect your daily actions to your long-term desired outcomes**. This is the Law of Sowing and Reaping in action.

# Two Types of Goals

## 1: Attainment Goals

An Attainment Goal is something that you achieve or accomplish.

Attainment Goals have a clear definition of completion.

Examples include things such as buying a new home, graduating college, getting married, losing 5 pounds, refinishing the bathroom, running a 5k race, getting a new job, writing a book, paying off debt, etc.

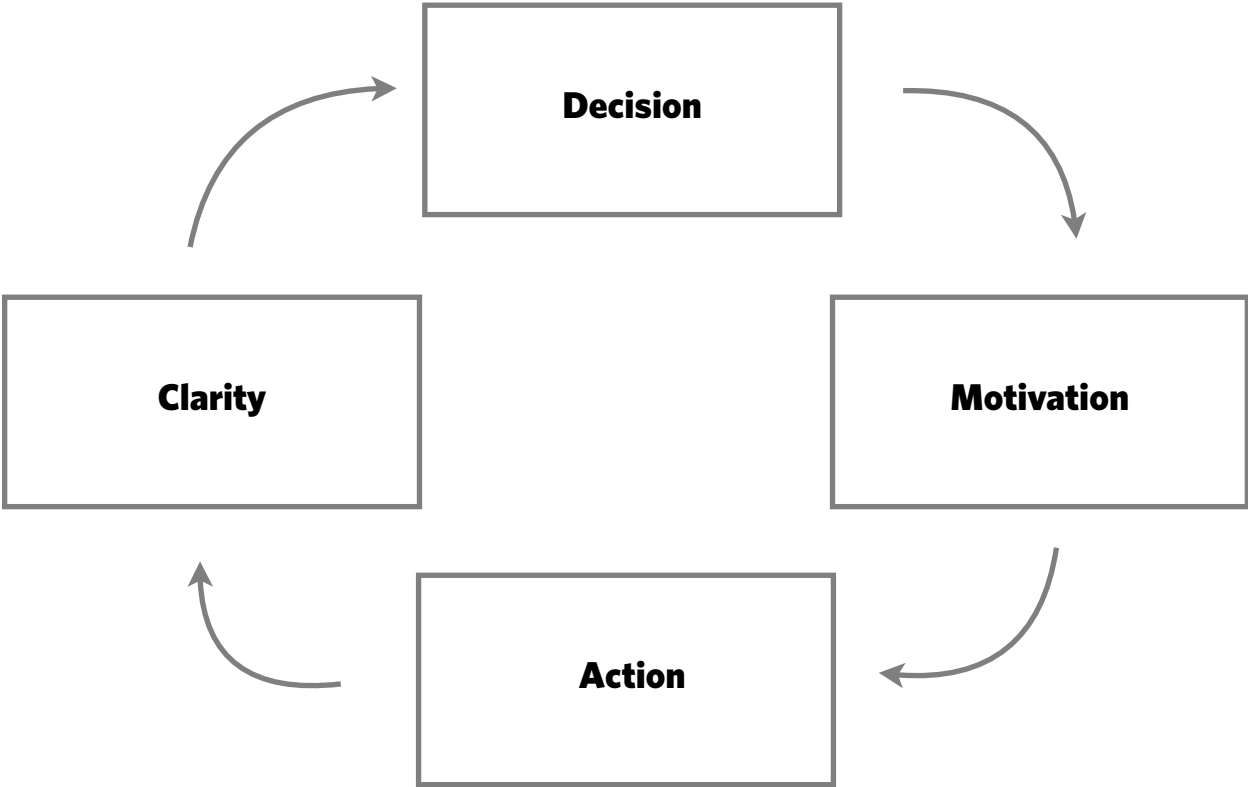
## 2: Lifestyle Goals

A Lifestyle Goal is something that you “install” into part of your life.

Lifestyle Goals are systems, habits, or routines that you work to incorporate into your everyday lifestyle.

Examples include things such as working out for 15 minutes each day, having a quiet time of reading and reflection in the morning, going to bed at a certain time, eating a certain diet, keeping a budget, etc.

# Action Brings Clarity



## (Sample) Life Goal: Spiritual / Inner Personal Life

For my spiritual / inner personal life, what is one thing I want to do, be, or have someday?

To live a less stressed and less anxious life.

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Be more informed about emotional and mental health, and also have more personal insight into how I am built and how I respond emotionally to different situations and circumstances. Knowing more about what is good for my emotions and what is difficult for me.

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Collect some quantitative data and information about how my mood is impacted (positively and/or negatively) by my activities.

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Begin a new journaling structure to track my moods, my stress, and emotions.

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Begin to research this approach to how actions, circumstances, and situations can impact emotions. Try to find some research, templates, and other ideas so that I can get started on the right foot.

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

Spend 5 minutes journaling and reflecting about my day today and what my emotions are.

What other areas of my life would see significant benefits from the actions and milestones listed here?

Inner Personal

Relationships

Physical

Rest & Recreation

Financial

Career

## (Sample) Life Goal: Physical Health

For my physical health, what is one thing I want to do, be, or have someday?

I want to be in excellent health and physical condition so that I can have energy and vibrancy to enjoy my days and my life and be present and engaged with all of my most valuable relationships.

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Have a healthy diet that is best for my body, and doing regular workouts and movement as part of my normal daily lifestyle.

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Learn more about healthy eating and work with a personal trainer who can help me discover the right workouts for my fitness needs.

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Decide upon and be working with a dietitian and trainer.

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Research dietitians and trainers in my local area (or find ones that can work with me remotely online).

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

Plan a time within the next week that I will do the research for a trainer.

What other areas of my life would benefit or be impacted by the actions and milestones listed here?

Inner Personal

Physical

Financial

Relationships

Rest & Recreation

Career

## **Spiritual / Inner Personal Life: Prompts and help for goal setting**

- Your inner personal life can be sub-divided into 3 smaller areas: Your mental health, your emotional health, and your spiritual life.
  
- Looking at the roles you listed on page 25, do any of those relate to your spiritual / inner personal life? If so, do you already have a short- or long-term goal for that role?
  
- What other short- or long-term spiritual goals do you have?
  
- What makes life special and meaningful?
  
- What do you want to do?
  
- Who do you want to be? (Use your vision statement as a plumb line and apply it to your spiritual / inner personal life -- how can your life vision complement your spiritual / inner personal life, and vice versa?)
  
- Are you pleased with where you are right now in your spiritual / inner personal life?
  
- If you keep doing for the next year, 5 years, and 20 years what you have been doing for the past 1, 5, and 20 years, will you be pleased with who you are, where you are, and what you have?
  
- As you consider your someday goals, do they lead to a life that is exemplifying the values you listed on page 34?
  
- What spiritual / mental / emotional activities will give you strength for the other areas of your life?

# Spiritual / Inner Personal Life (Life Goal)

For my spiritual / inner personal life, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I can do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I can do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I can do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I can do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

Inner Personal                       Physical                       Financial  
 Relationships                       Rest & Recreation                       Career

## Physical Health: Prompts and help for goal setting

- Is there a physical goal that, if attained, would bring joy and some level of ease to the other areas of your life?
- What makes life special and meaningful?
- As you consider your someday goal, does it lead to and align with the values you listed on page 34?
- What do you want to do?
- Looking back at the roles you listed on page 25, do any of them relate to your physical life and/or physical health? If so, do you already have a short- or long-term goal for that role?
- What other short- or long-term physical goals do you have?
- Can you use your vision statement as a plumb line and apply it to your physical life?
- Are you pleased with where you are right now with your physical health and state?
- If you keep doing for the next year, 5 years, and 20 years what you have been doing for the past 1, 5, and 20 years, will you be pleased with who you are, where you are, and what you have?

# Physical Health (Life Goal)

For my physical life, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I can do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I can do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I can do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I can do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

Inner Personal                       Physical                       Financial  
 Relationships                       Rest & Recreation                       Career



## **Relationships: Prompts and help for goal setting**

- What are some of your most important relationships?
- Do you already have a short- or long-term goal for any of them?
- If you keep doing for the next year, 5 years, and 20 years what you have been doing for the past 1, 5, and 20 years, will you be pleased with the state of those most important relationships?
- What makes life special and meaningful?
- What are some of your most precious memories with people?
- What sort of person do you want to be to others? (Use your vision statement as a plumb line and apply it to your relationships — how can your life vision complement your relationships, and vice versa?)
- Do you feel that you're able to give 100% to your most important relationships without feeling burnt-out and overspent?
- Are you pleased with where you are right now in your most important relationships?
- As you consider your someday goals, do they lead to stronger relationships, generosity, kindness, serving others, and providing value?
- Your Relationships can be further broken down into important sub-groups of relationships, including your marriage and significant other, your children, your parents, your close friends, your family, those you work with, etc.

# Relationships (Life Goal)

For my relationships, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

<input type="checkbox"/> Inner Personal	<input type="checkbox"/> Physical	<input type="checkbox"/> Financial
<input type="checkbox"/> Relationships	<input type="checkbox"/> Rest & Recreation	<input type="checkbox"/> Career

## **Rest & Recreation: Prompts and help for goal setting**

- What makes life special and meaningful? Can you incorporate that into your goal for rest and recreation?
- What does “rest” mean to you?
- Do you think you might be spending too much time in Counterfeit Rest? If so, what would things look like for you if you were resting differently and in a more healthy manner? (For more info on Counterfeit Rest, see Section 7.)
- Do you already have any short- or long-term goals related to rest & recreation?
- As you consider your someday goals for rest & recreation, do any of them help you become more generous and kind? To better serve others and provide value?
- Looking at your values from page 34, what ways can you rest that will give you the strength and opportunity to walk out and exemplify those values?
- If you keep your same habits of rest & recreation for the next year, 5 years, and 20 years that you have had for the past 1, 5, and 20 years, will you be pleased with who you are, where you are, and what you have?
- As you look back at how you have spent your time on rest & recreation over the past few months, are you proud of that time or do you wish you would you have spent it differently? Why?

# Rest & Recreation (Life Goal)

In the area of rest & recreation, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

<input type="checkbox"/> Inner Personal	<input type="checkbox"/> Physical	<input type="checkbox"/> Financial
<input type="checkbox"/> Relationships	<input type="checkbox"/> Rest & Recreation	<input type="checkbox"/> Career

## **Job & Career: Prompts and help for goal setting**

- Who are some people whom you look up to in your field of interest?
- What does “meaningful work” look like to you?
- Of the roles you listed on page 25, do any of them relate to your career?
- What do you want to do? What skill do you want to learn?
- Does the idea of craftsmanship and mastery applied to your current vocation sound exciting to you?
- Who do you want to be?
- Are you pleased with where you are right now in your career?
- If you keep doing for the next year, 5 years, and 20 years what you have been doing for the past 1, 5, and 20 years, will you be pleased with who you are, where you are, and what you have?
- As you consider your someday goal for your career, does it lead to a life of exemplifying the values you listed on page 34?
- How can your vocation empower your other goals (spiritual, physical, relational, rest, etc.)?

# Job / Career (Life Goal)

For my job / career, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

Inner Personal

Physical

Financial

Relationships

Rest & Recreation

Career

## Finances: Prompts and help for goal setting

- Are you pleased with where you are right now as it relates to finances?
- Do you have a budget and are you living within your means?
- If you keep doing for the next year, 5 years, and 20 years what you have been doing for the past 1, 5, and 20 years, will you be pleased with the state of your finances?
- Do you want to give money away and serve / help others with your finances?
- As you consider your someday goals, do they lead to generosity, kindness, serving others, and providing value?
- Do you already have a short- or long-term goal for your finances and economics?
- What makes life special and meaningful? How can your finances help make that a reality?
- Use your vision statement as a plumb line and apply it to your finances — how can your life vision complement your finances, and vice versa?
- Consider what the circumstances of your life will be in 5 years from now for the obvious things. Such as:
  - How old will your car be in 5 years?
  - Will your house be paid off?
  - What grade will your kids be in?
  - At your current rate of saving / investing / debt elimination, what will your finances look like?
  - How old will you and your spouse both be? What year of marriage will you be on?
  - How old will your parents be?

# Finances (Life Goal)

For my finances, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

<input type="checkbox"/> Inner Personal	<input type="checkbox"/> Physical	<input type="checkbox"/> Financial
<input type="checkbox"/> Relationships	<input type="checkbox"/> Rest & Recreation	<input type="checkbox"/> Career



# Life Goal: \_\_\_\_\_

For this area of my life, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

\_\_\_ Inner Personal

\_\_\_ Physical

\_\_\_ Financial

\_\_\_ Relationships

\_\_\_ Rest & Recreation

\_\_\_ Career

# Life Goal: \_\_\_\_\_

For this area of my life, what is one thing I want to do, be, or have someday?

Based on my someday goal, what is one thing I could do 5 years from now that will put me on track to accomplish it?

Based on my 5-year goal, what is the one thing I could do in the next year that will put me on track to accomplish it?

Based on my 1-year goal, what is the one thing I could do in the next month that will put me on track to accomplish it?

Based on my one-month goal, what is the one thing I could do in the next week that will put me on track to accomplish it?

Based on my one-week goal, what is the one thing I could do today that will put me on track to accomplish it?

What other areas of my life would see significant benefits from the actions and milestones listed here?

\_\_\_ Inner Personal

\_\_\_ Physical

\_\_\_ Financial

\_\_\_ Relationships

\_\_\_ Rest & Recreation

\_\_\_ Career