

Life-Goal Worksheet

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You may want to enlarge on each or some of the following goal areas in three ways.

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1. Express briefly your motivation; why the goal area is worth investing in (**vision/purpose**).
2. Write one or more **long-term goals** which are not likely to “go-away” as you age.
3. Write one or more **short-term goals** you want to pursue this week, month or year.

The following growth areas may at first seem too many; just read them slowly at first. Then ask God to guide you to prioritize 2 or 3 growth areas to start. Don't feel you need to address each growth area. The suggested areas are not intended to be exhaustive but examples.

Growth Areas to Consider Engaging This Year

Marriage and Family - for many these are our primary human support and those who care most about us. They deserve our high priority.

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Church Community – is multi-dimensional, extending to our relationship with God and support for our service in our needy world.

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Profession/Vocation – these goals aren't about income but about contributing, serving and becoming the best you can.

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Spiritual fitness

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Moral fitness – is there a moral battle to win, a dragon to overcome?

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Fasting / Self-control / Delayed gratification: Gaining self-discipline will bring benefit in all areas of life.

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Learning/Education/Brain fitness

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Health & Body fitness

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Financial fitness - include goals for earning, short and long-term saving.

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Giving – as you gain assets, grow in generosity.

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Re-creation (Sabbath / Leisure / Vacation)

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):

Mentors – you may want to experiment with one or more of the following:

Historical mentor:

(A historical mentor is a person worthy of being influenced by today though he or she is no longer living. You may want to choose a new person each year, read their biography and be inspired by their example and guidance of their life.

Living mentor:

Counsellor/coach:

Next step(s):

“Sharpening the Saw” – we need regular times to reflect and re-focus on our priorities in life and adjust plans to stay on course (just as a saw needs to be sharpened to cut wood). This growth area sets aside periodic times to review progress on the growth areas important to us.

Vision/Purpose (motivation):

Long-term goals (what you want finally):

Short-term goals (this week, month or year):