



NEW YEAR, NEW GOALS

GOAL - an end result you desire to achieve; defines the destination while setting direction, focus and effort on how to get there, includes adjusting supporting actions and resources based on circumstances

As you fill out this simple worksheet, keep in mind the more honest you are with yourself, the more growth and freedom you will experience in the coming year! SO, dig deep, be vulnerable, look at the hard places of your life, examine what is most meaningful to you.

Remember, every day is NEW, that is 365 new chances to take one step towards your goals.

LOOKING BACK

What are you most grateful for over the last year?

What was your biggest challenge?

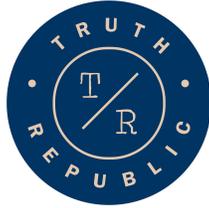
What surprised you the most?

What would you like to be different about you next year?

What choices and things can you do on a regular basis in order to walk out the thing you want different?

MOVING FORWARD

DEFINE SUCCESS in your own words.



DEFINE FAILURE in your own words.

At TR, we define success as intentionally doing our best and being fully present every day. Everyday looks different. Some days we can function on a high level, with tons of brain power, creativity or energy and get a freaking TON done... while others, our best might be just getting one little item checked off a list while the dirty dishes remain in the sink and our clothes don't get washed. The point of defining success each day is not based on some high level of performance every single day of our lives because that is not reality. Success is being present in where we are, how we are, and who we are with. Give yourself permission to have AMAZING days where you conquer the world and others where you close your laptop, turn off your phone, put aside your to-do list so that you can unplug and laugh with others because it is exactly what you need.

What would it look like if you defined "success" for every area of your life for the coming year? Only when we define success will we be able to create an intentional plan to accomplish our goals.

SETTING GOALS

If you're a family. Have each family member fill out a worksheet on their own and then come together to discuss your answers. Make sure to ask meaningful questions of one another as to why each person chose the goal they did and how they plan to execute that goal throughout the year.

*Our goals can remain the same regardless of circumstances.
The way in which we fulfill those goals can be adjusted, tweaked,
and changed based on those circumstances.*

PERSONAL GOALS

Spiritual (What is one thing you would like to be intentional about with God this year?)

Calling (What is one thing you would like to focus on regarding walking out the call of God for this year?)



Career/School (What is one thing you would like to do to improve how you function or do in your career or school, if you're a student?)

Growth (What is one area you will put intentional effort and time into for this year regarding your personal growth? For example, read a book a month or listen to podcasts.)

Hobbie/Fun/Being Fueled (What is one thing you can intentionally do this year to have fun? This should be something that brings you great joy!)

Health (What is one goal you want to accomplish for each of the areas that will help you have good health?)

Eating

Activity

Rest

FAMILY GOALS - If you have a spouse and/or kids (Decide these as a family, but first allow each family member to spend time on this on their own. Discuss your answers together and come up with the final goals as a family... in my family we write, share, discuss, pray, and then decide what's most important to set as goals together.)

Spiritual (What is one thing we can do as a family together to grow in our relationship with Jesus?)

Home (What is one project we would like to do to improve your home within the next year? This could be decluttering, painting a room, planting flowers, etc...)

Vacation (Where/what do you want to do this next year?)

Financial

Giving



Spending

Saving

RELATIONAL GOALS (What is one goal for each area that we will accomplish next year?)

Marriage - If you're married. (Examples, regular scheduled date nights that are blocked on your schedules... they don't have to be fancy, just intentional time together to enjoy one another or plan a special trip this year together.)

Kids/Parents - If you have kids, fill this out with them in mind. If you're a kiddo, fill this out about your parents. (Examples, scheduled dates with each kid once a month or a special overnight trip with each kid for quality time or weekly family game nights blocked out on your schedules.)

Extended Family (Examples, hosting a large family dinner to bring everyone together or putting regular check in calls on your calendar to ensure you stay in touch.)

Close Friends (Examples, a day at the spa this year together or a girls weekend trip. If you're a kiddo filling this out it could be to be more intentional about putting your phones away while together with friends and doing things that build memories together.)

**I cry out to God Most High,
to God who fulfills his purpose for me.**

Psalm 57:2