

A photograph of a dining room. In the foreground, there are several light-colored wooden chairs with a spindle back design. A round wooden table is partially visible. The floor is covered with a light-colored, textured rug that has a fringed edge. In the background, there is a window with white trim, and a dark, cylindrical hanging lamp with a textured shade is suspended from the ceiling. The overall atmosphere is bright and airy.

# FLOURISH

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GOAL SETTING WORKSHEET

## ▶ FLOURISH GOAL SETTING INSTRUCTIONS

We are so excited to begin this process of setting intentional goals for you to work toward in the year ahead. Goals are a reflection of what matters to us, and our prayer is that what matters to you is what matters to God in the life He has for you! For this reason, we align our goals with the Scriptures and invite God into every part of the process so He can be made known through our transformation.

It's really easy to look at the practice of goal-setting and immediately think of creating a long list of New Year's resolutions. However, we are passionate about helping you establish habits within your life for the long haul and this work takes time. To see a goal come to fruition, the work must be rooted in something bigger than motivation: discipline. Discipline is like a muscle-- you must train it daily in order to see it grow. As it grows, you will become stronger and replace flighty feelings with sturdy habits.

Discipline allows us to shape our lives into who God has called us to be. In 1 Timothy, we learn about training yourself to be godly. Timothy actually says that we "labor and strive" after godliness. The word "labor" implies that discipline is hard work. It's not necessarily something that comes naturally or can be established in a day. This process of transformation will take time but the journey is so worth it. And how amazing that you have a mentor to walk with you in this process!

Here at FLOURISH, we want all things to be focused on Jesus and the life he calls us towards. Goals are included in this. As we move through the process of setting goals, we are inviting God into this process with us. It's easy to set goals that are all about us but there is a greater joy that comes when we take the focus off ourselves and set goals that bring us closer to His Kingdom and allow us to proclaim His glory to the world.

As Christians, we are called to live at a higher standard. People are watching us and looking to us to put the beauty of God on display. How can we do this through goal-setting? Instead of funneling God into your goals, funnel your goals through the lens of God and the life He is calling you towards. Look at your goals through the lens of Scripture. As you brainstorm and write down tangible goals, ask yourself the questions:

*How will meeting these goals bring more glory to God?*

*How will these goals allow me to draw closer to God as I pursue them?*

We want you to experience the beauty, freedom, and joy that comes from setting a goal and working towards it. As we've seen in 2020, life is constantly shifting and changing. Some seasons are harder than others and it can be easy to lose focus and eventually lose your footing on what matters most in life. It is our prayer that these goals-- intentionally written out and kept in a place where you can see them-- will help you stay focused on what really matters and keep God, no matter the season.

Through the good and the hard, you are growing and becoming more of who God calls you to be. We love seeing that transformation take root in you and cannot wait to cheer you on as you move into all God has for you. If you're not in a habit of daily spending time with Jesus in Word, what needs to change in order for this to become a habit?

## ▶ GOAL SETTING WORKSHEET

We created this worksheet to help guide you through the process of goal-setting. We will begin by crafting a vision for the future and then breaking that vision down into tangible, realistic goals you can accomplish in the days, weeks, and months ahead!

Remember: transformation takes time. There are going to be missteps as you work towards these goals but that doesn't mean you should give up just because the work is hard. Keep God at the forefront, invite Him daily into the grind, and rejoice in your progress along the way. The progress only stops if you stop so keep moving forward! (scripture, prayer, accountability)

- 01 Take 10 minutes to think about the person you want to be 5 years from now. Write out all that comes to mind. Here are a few questions to help you get started:

What does your relationship with God look like 5 years from now?

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How do you hope somebody would describe you in 5 years from now?

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What areas of your life do you want to see flourishing in 5 years from now?

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- 02 Now that we have a vision, let's write down 5 statements that fill in the following blank:  
I am \_\_\_\_\_. Be as descriptive as you'd like to be when writing these statements and dare to dream with God about the possibilities.

*EXAMPLES:*

I am self-disciplined and no longer easily distracted when it comes to my work.

I am healthy in mind, body, and spirit.

I am a prayer warrior, constantly communicating with my Father about the needs of others.

I am a dedicated wife and mother who intentionally shares the love of Christ with her family.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## GOAL SETTING

- 03 Looking at your five statements, brainstorm 3-5 long-term goals that would help you move closer towards making these statements a reality. Remember: long-term goals require planning. These are not goals you would see come to fruition this week, this month, or likely even this year. Don't be afraid to set big goals that need to be broken down into smaller goals-- that's the plan!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- 04 Now it's time to get more specific and hands-on: break each one of your long-term goals into a tangible, short-term goal. A short-term goal is something you could accomplish in 12 months or less.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### *TWO REMINDERS:*

- a Remember to be specific with your goal. If you're too broad and abstract, you'll have no way to measure the goal or even know that you've completed it.

For instance: "I want to be a prayer warrior" is an abstract goal.

Here are some ways you could shift that goal into a concrete short-term goal:

- Every month, I am going to reach out to my closest people and ask them what they need prayer for.
- Every week, I am going to spend one day off social media so I can focus on praying more.
- Every day, I am going to set a timer for 10 minutes, find a quiet space, and pray.

Each of the above goals is measurable and this is extremely important when making your goals a reality.

- b Remember to also be realistic with your goal. It's easy to set elaborate goals that fire you up at the moment but the reality is that discipline must be established day-by-day if you ever want to see true habits form. Give yourself grace as you strive towards these goals and remember that real fruit takes time and patience to grow.

GOAL SETTING

- 05 There are going to be obstacles ahead but if you identify those obstacles then you will not be thrown off when they show up. Now that you have some short-term goals formed, let's set up some boundaries for your goals.

What are some of the big distracters and obstacles you envision could keep you from achieving these goals? List them here.

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What are some boundaries you can set in place to combat these obstacles and keep you on track?

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- 06 Go back and look at the short-term goals you set. Circle one goal that you want to focus on for the next 30 days. We wouldn't recommend moving towards all your goals at once. As you intentionally set your focus in one direction and get comfortable with your efforts, you can begin to bring in additional goals.

- 07 Let's get a taste of victory from the very start. Take that short-term goal you circled and write down one action step you can complete in the next 24 hours to bring you closer to achieving that goal!

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- 08 We recommend writing your short-term goals down on a separate sheet of paper and keeping them somewhere where you can see them (on your desk at work, on the refrigerator, by your bathroom mirror). As you make progress, continually look at the goals and evaluate what you can focus on next or what you might need to adjust for the future.