Personal Goals



Body:

How can you love the temple God has given you this year?

What small steps can you take to give your body what it needs?

Soul:

How would you like to improve your mental and emotional health this year?

What are some things you feel passionate about doing or getting into this year?

Spirit:

What is your desire this year in your personal relationship with Jesus?

How might you take a leap of faith this year?





Spouse:

How could	vou love	vour spouse	better t	this vear?

How could you grow closer and enjoy your spouse more this year?

What's one thing you could intentionally work on as a couple?

Children:

How could you intentionally pour into your child/children this year?

What's one thing you want to focus on improving as a parent?

How can you show your children Jesus' heart this year?

What is something new you want to do with your family this year?

Serving/Ministry Goals



In what ways can you give your time, energy, and financial or other resources to those in need?

Who is God highlighting in your life that you can intentionally love well this year?

Other Goals

What other goals would you like to focus on this year? In your friendships, career, etc.?

What is you "word" for the year that you want to focus on?

Lord, no matter what happens, this is your year. Your plan will prevail.
You have made us to have an abundant life with you. Help us fix our eyes on you, and bring glory to your Kingdom. We pray that this year we grow closer to you than ever before, and we fall deeper in love with you than we knew possible. Amen!

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