

GOALS FOR 2022

WHY

Every year we believe it is important to sit down and spend time with the Lord asking him what His plans are for the new year. God loves us unconditionally but loves us too much to leave us in the same place. His desire is for us to grow and mature as we age. Goals help us continue on the path towards growth and healing.

HOW

Spend time in prayer. Use the following list of questions as a guidepost in discovering your goals. Feel free to add, change or modify them. Place your written goals in a place that you will see them throughout the year to remind you of your focus. Make step by step action plans to help you break down your goals into bite sized pieces.

SCRIPTURE

*Jesus replied, 'The most important commandment is this: 'Listen, O Israel! The LORD our God is the one and only LORD. And you must love the LORD your God with all your **heart**, all your **soul**, all your **mind**, and all your **strength**. The second is equally important: 'Love your neighbor as yourself. No other commandment is greater than these.'" Mark 12:29-31*

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GOALS FOR 2022

SPIRIT

- WHAT BIBLE READING PLAN DO I HAVE FOR THE YEAR?
- WHAT ADJUSTMENTS NEED TO BE MADE TO MY PRAYER OR WORSHIP LIFE?
- WHAT ASPECT OF GOD DO I WANT TO LEARN MORE ABOUT THIS YEAR?

SOUL

- WHAT NEW HABIT DO I WANT TO START? WHAT HABIT DO I WANT TO STOP?
- WHAT AREA OF WEAKNESS OR ATTITUDE ADJUSTMENT DO I WANT TO WORK ON?
- HOW CAN I CONTINUE TO WORK THROUGH A HURT OR HANG UP?

MIND

- WHAT THOUGHTS OR THOUGHT PATTERNS DO I WANT TO INCREASE OR DECREASE?
- WHAT BOOKS OR PODCASTS DO I WANT TO READ OR LISTEN TO THIS YEAR?
- WHAT SKILL OR HOBBY DO I WANT TO LEARN OR GET BETTER AT?

BODY

- WHAT FITNESS GOAL DO I HAVE FOR THIS NEXT YEAR?
- WHAT FOOD GOAL DO I WANT TO CONTINUE, CHANGE OR START?
- WHAT HEALTH GOALS AM I GOING TO FOCUS ON THIS YEAR?

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