

Preparation for Goal Setting

~Kathrine Lee

1. Be thinking (praying) about a “theme” word or phrase for the year. This will be placed in the front of your journal as the focus for the year and titled “THE YEAR OF _____”

Examples from previous clients: The year of “focus”; The year of ‘organization’; the year “to Receive”; the year of “genuine love”; the year of “honest communication”; the year of “no regrets”.

2. You will begin to look for a theme quote or Bible verse that encompasses that theme. This will be written on the next page in the journal.
3. Number the following list in order of priority in your life for the upcoming year. (NOTE: There is no “wrong” order here. Be true to what your heart is telling you as the priority for each area.)

- _____ **Career** (Examples – Income – Promotions – Recognition)
- _____ **Family** (Examples.- Specific plans for closer relationships)
- _____ **Spiritual** (Examples-Prayer–Devotionals–helping others)
- _____ **Self** (This includes exercise/nutrition/relaxation time etc)
- _____ **Education** (Examples-list of books to read-fun class to take)
- _____ **Adventure** (What have you always wanted to do?)
- _____ **Friendship** (Examples.-set specific time w/ special friends)

4. Now title a separate page for each category in order of the priority that you gave them above.
5. On each page set a section for: (write goals in present tense)
 - 5 Year (this is your Dream Goal – make it as big/outrageous as you can!)
 - 1 Year (this is a ‘do-able’ goal – something that can be broken down into steps)
 - Monthly (this enables you to take your year goal & break it down to a monthly goal)
 - Daily/Action Plan (this is the activity that you want to accomplish on a daily/weekly basis to build toward your monthly, then yearly goal)