

5 Habits to Developing a *Life of 20/20 Vision*:

1.0 Goal-setting is a _____ habit to practice.

2.0 A flourishing life comes from a _____ life!

3.0 I always measure _____ with the correct device.

4.0 I won't let _____ take me out!

5.0 To reach my potential I stay close to _____.



A Message by Pastor David D. Ireland, Ph.D.

“Trust God from the bottom of your heart; don’t try to figure out everything on your own. Listen for God’s voice in everything you do, everywhere you go; he’s the one who will keep you on track.”

— PROVERBS 3:5-6 (THE MESSAGE BIBLE)

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For an electronic version of this Goals Form, send your name and email address to: info@ChristChurchUSA.org

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Major Personal Goals

NAME _____

AREAS OF LIFE	2018		2019	SAMPLE GOALS
1 Family & Home GOALS	1			<ul style="list-style-type: none"> ▪ Replace the carpet in the living room. ▪ Clean and re-grout the bathroom tiles. ▪ Attend my church's Parenting Seminar in Oct. ▪ Join a Marriage Mentoring group.
	2			
	3			
	4			
2 Financial & Career GOALS	1			<ul style="list-style-type: none"> ▪ Get a part-time job to pay off credit card debt. ▪ Meet with a career coach to explore my future. ▪ Adjust my finances so I can tithe regularly. ▪ Create a budget and a retirement plan.
	2			
	3			
	4			
3 Spiritual & Ethical GOALS	1			<ul style="list-style-type: none"> ▪ Read through the entire Bible this year. ▪ Fast one day each month for the salvation of my family and friends. ▪ Volunteer 10 hrs./month in my community. ▪ Participate in at least one area of ministry.
	2			
	3			
	4			
4 Physical & Health GOALS	1			<ul style="list-style-type: none"> ▪ Lose 15-25 lbs. through diet and exercise. ▪ Begin a regular exercise program. ▪ Eat healthier by using nutritionally balanced recipes from a cookbook. ▪ Establish a wellness accountability partner.
	2			
	3			
	4			
5 Social & Cultural GOALS	1			<ul style="list-style-type: none"> ▪ Participate in a LIFE or LIFE Activity group. ▪ Develop three strong friendships. ▪ Attend two Broadway/off-Broadway shows. ▪ Take a tour of the Museum of the Bible in D.C.
	2			
	3			
	4			
6 Mental & Educational GOALS	1			<ul style="list-style-type: none"> ▪ Complete an online technology class. ▪ Read at least six good books. ▪ Attend Bible Study: 1st Wed. of the month. ▪ Register for a continuing education course.
	2			
	3			
	4			

These six areas of life are so important that they deserve your deepest thought and planning. A good way to turn vision into reality is to use the acronym S.M.A.R.T. Each goal should be **SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC, and TIMELY**. Before writing down a goal, ask yourself the penetrating question: Is this a SMART goal? If not, rethink it until it can fit the acronym S.M.A.R.T.