

# DETERMINE YOUR GOAL

*"Commit your way to the Lord; trust in him and he will do this."* Psalm 37:5

| GOAL IDENTIFICATION | GOAL BREAKDOWN <small>BREAK YOUR GOAL INTO SHORT-TERM OBJECTIVES</small> |
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| WHAT IS YOUR GOAL?                      | OBJECTIVE ONE  |
| SPECIFY YOUR GOAL FURTHER.              | OBJECTIVE TWO  |
| IS YOUR GOAL REALISTIC AND ACHIEVABLE?  | OBJECTIVE THREE  |
| DETAIL THE OUTCOME YOU HOPE TO ACHIEVE. | OBJECTIVE FOUR   |
| WHY IS THIS OUTCOME IMPORTANT TO YOU?   | DETERMINE SMALL STEPS YOU CAN TAKE TO REACH OBJECTIVE ONE.   |
| HOW WILL YOU MEASURE YOUR PROGRESS?     | DETERMINE SMALL STEPS YOU CAN TAKE TO REACH OBJECTIVE TWO.   |
| DETERMINE A DEADLINE FOR YOUR GOAL.     | DETERMINE SMALL STEPS YOU CAN TAKE TO REACH OBJECTIVE THREE. |
| NOTES                                   | DETERMINE SMALL STEPS YOU CAN TAKE TO REACH OBJECTIVE FOUR.  |

IDENTIFY A TIMEFRAME FOR COMPLETION OF EACH OBJECTIVE

# ACCOUNTABILITY AND POTENTIAL OBSTACLES

## ACCOUNTABILITY PARTNER

## ANALYZE POTENTIAL OBSTACLES

CONSIDER POTENTIAL ACCOUNTABILITY PARTNERS THAT WILL BEST HOLD YOU ACCOUNTABLE AND HELP YOU STICK TO KEEPING YOUR GOAL.

LIST ANY FORSEEABLE OBSTACLES OR CHALLENGES THAT MAY HINDER YOUR PROGRESS.

DETERMINE THE STRENGTHS OF EACH POTENTIAL ACCOUNTABILITY PARTNER AND DETAIL HOW THEIR STRENGTHS CAN HELP YOU.

SPECIFY WHY YOU THINK EACH IS A POTENTIAL CHALLENGE.

IDENTIFY THE POTENTIAL ACCOUNTABILITY PARTNER YOU FEEL MOST COMFORTABLE WITH.

IDENTIFY THE POTENTIAL ACCOUNTABILITY PARTNER YOU COMMUNICATE WITH MOST OFTEN.

SPECIFY HOW YOU WILL COMMUNICATE WITH EACH POTENTIAL ACCOUNTABILITY PARTNER.

DETERMINE THE OBSTACLES THAT SEEM THE MOST DIFFICULT TO OVERCOME.

COMPARE YOUR RESPONSES AND DECIDE ON AN ACCOUNTABILITY PARTNER.

DETAIL HOW YOU WILL OVERCOME EACH POSSIBLE CHALLENGE.

DETERMINE HOW OFTEN YOU WILL CHECK IN WITH YOUR PARTNER.

## NOTES

DETAIL HOW YOU WILL STICK TO YOUR PLAN TO OVERCOME ANY CHALLENGES.



# CURRENT SPIRITUAL PRACTICES ASSESSMENT

## DETAIL YOUR CURRENT PRACTICES

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"I have hidden your word in my heart that I might not sin against you."  
 Psalm 119:11

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| <p><b>AREAS OF SPIRITUAL STRENGTH</b></p>  | <p><b>SPIRITUAL PRACTICES THAT HAVE WORKED IN THE PAST</b></p>                               |
| <p><b>AREAS IN NEED OF IMPROVEMENT</b></p> | <p><b>SPIRITUAL PRACTICES THAT HAVE NOT WORKED IN THE PAST</b></p> <hr/> <p><b>NOTES</b></p> |

# DISCIPLINE IDENTIFICATION AND INTEGRATION

## P O T E N T I A L D I S C I P L I N E S

LIST ANY POTENTIAL DISCIPLINES YOU'RE INTERESTED IN ADOPTING.

LIST ANY DISCIPLINES YOU WANT TO AVOID.

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IDENTIFY THE POTENTIAL DISCIPLINES THAT ALIGN WITH YOUR GOAL.

IDENTIFY EACH POTENTIAL DISCIPLINE THAT BEST FITS INTO YOUR DAILY OR WEEKLY ROUTINE.

DETAIL HOW THESE DISCIPLINES ALIGN WITH YOUR GOAL.

DETERMINE A DEDICATED TIME YOU COULD SET ASIDE FOR EACH DISCIPLINE.

IDENTIFY THE POTENTIAL DISCIPLINES THAT DO NOT ALIGN WITH YOUR GOAL.

ASSESS YOUR RESPONSES AND DECIDE WHICH DISCIPLINE FITS BEST.

DETAIL HOW THESE DISCIPLINES DO NOT ALIGN WITH YOUR GOAL.

NOTES

✦ “The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.”  
*Proverbs 4:7* ✦

# SPIRITUAL GOAL plan

*"But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."*  
2 Peter 3:18

GOAL:

DEADLINE:

Objective:

Steps:

Time Frame:

Objective:

Steps:

Time Frame:

Objective:

Steps:

Time Frame:

Objective:

Steps:

Time Frame:

DISCIPLINE:

Most Probable Obstacles:

Plan to Overcome Obstacles:

ACCOUNTABILITY PARTNER:

# Spiritual Goal Progress Check-In

**Goal:**

**Start Date:**

**Today's Date:**

GOAL PROGRESS:

0%



100%

## CURRENT OBJECTIVE:

### Steps:

- 1.
- 2.
- 3.
- 4.
- 5.

### Finished?

  
  
  
  


## NEW SPIRITUAL INSIGHTS

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## CHALLENGES

### Faced

- 1.
- 2.
- 3.
- 4.
- 5.

### Beat?

  
  
  
  


## CHANGES NEEDED TO BE MADE

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## PREVIOUSLY MADE MODIFICATIONS

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"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."  
Colossians 3:23-24

### Things Working Well

### Things Needing Improvement

## NOTES

## RATINGS (Fill in the Stars)

Chosen Discipline ☆☆☆☆☆

How You Are Doing ☆☆☆☆☆

Accountability Partner ☆☆☆☆☆

The Overall Process ☆☆☆☆☆