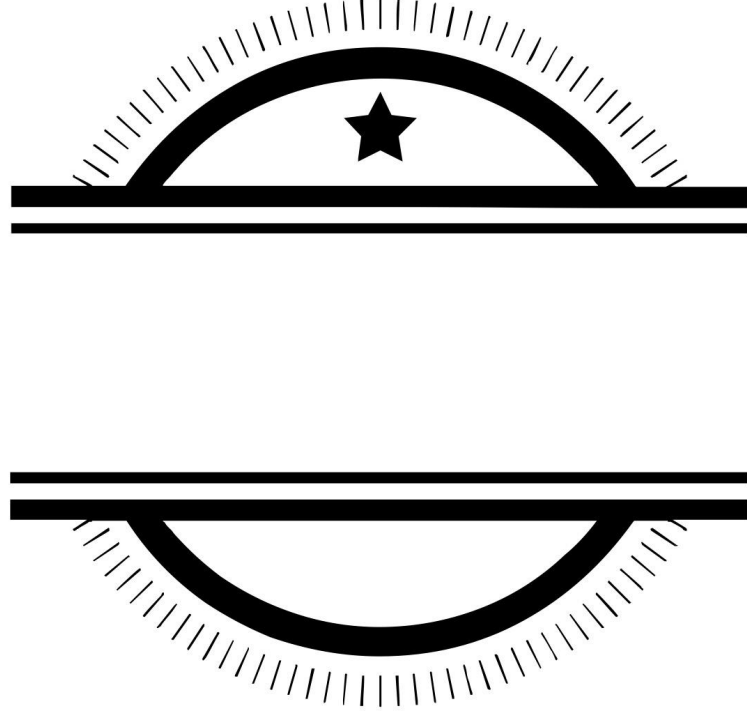


HARVARD STUDY FACTS: ONLY 3 OUT OF 100 ADULTS WRITE DOWN THEIR GOALS.  
SHARING YOUR GOALS WITH CLOSE PEOPLE IN YOUR LIFE IS PROVEN TO INCREASE THE CHANCES OF ACHIEVING GOALS.  
PEOPLE WITH WRITTEN GOALS ARE 50% MORE LIKELY TO ACHIEVE THAN PEOPLE WITHOUT GOALS.



## SMART GOALS

Specific 

Measurable 

Achievable 

Realistic 

Time-Based 

2 CHRONICLES 15:7  
MAY HE GIVE YOU THE DESIRE OF  
YOUR HEART AND MAKE ALL YOUR  
PLANS SUCCEED.

NEVER, EVER QUIT.

NOVEMBER \* DECEMBER \* JANUARY

FAMILY GOAL:

STEPS OF ACTION:

FRIENDSHIPS GOAL:

STEPS OF ACTION:

EMOTIONAL / BEHAVIORAL GOAL:

STEPS OF ACTION:

"COMMIT TO THE LORD WHATEVER YOU DO, AND HE WILL ESTABLISH YOUR PLANS."  
PROVERBS 16:3

MAY \* JUNE \* JULY

EDUCATION GOAL:

STEPS OF ACTION:

PHYSICAL GOAL:

STEPS OF ACTION:

SPIRITUAL GOAL:

STEPS OF ACTION:

"BE STRONG AND DO NOT GIVE UP, FOR YOUR WORK WILL BE REWARDED."  
1 CHRONICLES 4:10

AUGUST \* SEPTEMBER \* OCTOBER

EDUCATION GOAL:

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# IDEAS TO ACHIEVE GOALS

**SPIRITUAL GOALS** Write in my prayer journal daily.  
**READ THE BIBLE DAILY FOLLOWING A READING PLAN.**

Memorize scripture... one verse each week. Listen to worship and be quiet or sing   
READ OLD HYMNS AND PRAY THROUGH THEM. Go to church. Meet with other believers. Make Bible study a priority.

**PHYSICAL GOALS** Eat healthy foods. Limit candy.  
PLAY A SPORT AND PRACTICE 10 MINUTES EVERY DAY.  
GO TO BED BY 9PM SO I GET 8 HOURS OF SLEEP. DRINK MORE WATER.

**EDUCATION GOALS** MAKE AN A IN MATH.  
STUDY EVERY NIGHT FOR FRIDAY TESTS FOR 20 MINUTES.

Bravely ask for help in class when I don't understand. Honor a Roll  
Practice guitar 20 minutes before bedtime.

**FRIENDSHIP GOALS** REACH OUT TO ENCOURAGE A NEW PERSON EACH WEEK.  
Ask Jesus to show me one person to build up each day.  
**WRITE A NOTE OF ENCOURAGEMENT TO A NEIGHBOR ONCE A WEEK.**  
*Be quick to forgive, slow to speak and slow to become angry.*  
**CHECK IN WEEKLY WITH ACCOUNTABILITY PARTNER.**

**EMOTIONAL/ BEHAVIORAL GOALS** *Ask for quiet times when I need to regather myself.*  
TELL MOM OR dad MY feelings.  
PRACTICE COUNTING SLOW TO 10 WHEN MY SIBLINGS UPSET ME.  
*Ask questions instead of jumping to conclusions.* **BE KIND TO MY BROTHERS.**

**FAMILY GOALS** SACRED SUNDAY TIME TOGETHER AS A FAMILY.  
Dates with mom and dad 1x each goal plan (3 months)  
**AIM FOR DINNER AT OUR TABLE 4 NIGHTS A WEEK.**  
*Mem and dad have Saturday date night every week.*

CHOOSE ONE WORD FOR EACH PERSON YOU NEED GROWTH IN SO YOU CAN BETTER LOVE EACH FAMILY MEMBER.  
FOR EXAMPLE MAYBE YOU NEED TO BE MORE LOVING OR KIND OR AFFECTIONATE OR PATIENT TOWARD A PARENT, CHILD OR SIBLING.