



## **7 LIFE GOALS FOR LIFE CHANGE**

*"The Lord will fulfill His purpose for me." (Psalm 138:8)*

The following goals will help you to develop a balanced approach to your life so that you can achieve success on multiple fronts.

Why goals? Goals will help you move from being "a wandering generality to a meaningful specific" in your life. Goals give direction, clarity, drive, and motivation. To know where you are going in life empowers you.

### **Actions needed to complete "7 Goals for LifeChange":**

- 1) Write out your goals in each of these 7 areas.  
For each Goal, write out a generalized description of the Goal you want to achieve, in a memorable or shortened format.
- 2) Write out 2-3 measurable Action Steps under each goal which will help you towards achieving the goal.  
(Use the SMART method explained below.)
- 3) Once you have written out your basic goals, give thought to a Life Mission Statement, described below.
- 4) Take some time each day/week to think about progress on your LifeGoals.

### **1. SPIRITUAL**

Goal:

Action Steps:



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### **2. SOCIAL/EMOTIONAL/RELATIONAL**

Goal:

Action Steps:

### **3. PHYSICAL/RECREATIONAL**

Goal:

Action Steps:

### **4. INTELLECTUAL/CULTURAL**

Goal:

Action Steps:



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### **5. FINANCIAL**

Goal:

Action Steps:

### **6. FAMILY**

Goal:

Action Steps:

### **7. CAREER**

Goal:

Action Steps:



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### **EXAMPLE:**

#### **1. PHYSICAL/RECREATIONAL GOAL**

*Goal: to do whatever is necessary to maintain peak health & emotional balance in order to live long and succeed.*

#### **Action Steps:**

- ◆ *Exercise every day & Run 20 miles a week*
- ◆ *Exercise or walk w/ spouse once a week*
- ◆ *Do something fun! every a week*

### **Thought Questions:**

- 1) What is it that you really want?
  
  
  
  
  
  
  
  
  
  
- 2) What price are you willing to achieve to reach your goals?

### **Life Mission Statement**

Goals have the most meaning when you tie them into some over-arching value for your life. You will want to ask yourself the "tombstone testimony" question: "When I die, what would I like to see engraved on my tombstone as a fitting epitaph to my life?" This radical question very quickly orients your life around meaningful goals. If you find a common thread, that is the



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beginning of your life mission statement. Each of your goals should support that Mission.

For example, my life goal/mission is "To raise up disciple making leaders who love God with all of their heart." This mission impacts not only my ministry, but my family, my financial aspirations, my health and fitness goals, etc. When you really start to think about the implications of a meaningful mission, it will touch every one of the Seven Goals for LifeChange.

### **Unlock your Potential:**

1) If you were guaranteed to succeed, what would you attempt for God with your life?

Something great I would like to attempt:

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2) What are the activities that give you the greatest sense of satisfaction and joy and fulfillment?

Activities which give me joy:

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3) What would you like your "Tombstone Testimony" to be?

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After having written out the beginnings of your Seven Goals, if you see any patterns or themes, jot them down here. Also, sometimes when writing goals you will see a common result or outcome appear in your various



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goals (for example, all goals may aim to help people in some way). Both the Themes & Patterns as well as the Outcomes & Results will give you a clue as to the shape of your Life Mission Statement.

**Themes & Patterns:** \_\_\_\_\_

**Outcomes & Results:** \_\_\_\_\_

**Possible Life Mission statement:** \_\_\_\_\_

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### **Developing SMART Goals:**

#### **S – Specific**

A goal needs to be very specific, and not general. *"I will lose weight"* is better than *"I will improve my looks."*

#### **M – Measurable**

A goal needs to have clear & quantifiable results so that you can know if you achieved the goal or not. *"I will lose 20 lbs."* Is better than *"I will lose weight."*

#### **A – Achievable**

A goal needs to be achievable, as psychologists tell us that wins reinforce future wins. The goal needs to be small enough to be achievable, but large enough to be meaningful. *"I will lose 10 lbs"* might be a better way to start than *"I will lose 20 lbs."*

#### **R – Relevant**

A goal needs to be relevant, or meaningful, to you in your life situation. This answers the question of "Why?" *"I will lose 10 lbs, so I can lower my risk of heart disease"* is a more powerful goal than simply *"I will lose 10 lbs"*, because it warns of possible consequences in not achieving the goal, making it very relevant.

#### **T – Time-specific**

A goal needs to be time-specific in that a deadline for achievement needs to be set. *"I will lose 10 lbs. by June 1<sup>st</sup>, so I can lower my risk of heart disease, (and look good in a swim suit)"* is a SMART goal.

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