

## MAKE A GOAL FOR YOURSELF

WHAT GOAL WOULD YOU LIKE TO SEE REACHED? \_\_\_\_\_

---

### MAKE IT REAL

STEP 1 - MAKE IT PERSONAL, IMPERSONAL GOALS WILL NEVER MOTIVATE YOU LONG ENOUGH TO SUCCEED - "THERE SHOULD BE BETTER CHRISTIANS" OR "PEOPLE SHOULD BE HEALTHIER" ARE IMPERSONAL. "MY WIFE/MOM/KIDS/PREACHER/GOD WANTS ME TO BE A BETTER CHRISTIAN" OR "THE DOCTOR SAYS I AM NOT AS HEALTHY AS I SHOULD BE" IS NOT PERSONAL BECAUSE IT HAS NOTHING TO DO WITH WHAT I WANT. "I WANT TO BE A BETTER CHRISTIAN" OR "I WANT TO BE HEALTHIER" IS PERSONAL.

TAKE THE GOAL ABOVE AND MAKE SURE IT IS PERSONAL. \_\_\_\_\_

---

STEP 2 - BE SPECIFIC - FOR EXAMPLE: "I WANT TO BE A BETTER CHRISTIAN" OR "I WANT TO BE HEALTHIER" IS VAGUE, "I WANT TO READ THE BIBLE MORE" OR "I WANT TO LOSE WEIGHT" IS MORE SPECIFIC.

TAKE YOUR GOAL FROM STEP 1 AND MAKE IT MORE SPECIFIC. \_\_\_\_\_

---

STEP 3 - MAKE IT MEASURABLE - FOR EXAMPLE: "I WANT TO READ THE BIBLE MORE" OR "I WANT TO LOSE WEIGHT" IS OKAY, BUT "I WANT TO READ THE ENTIRE BIBLE THROUGH", "I WANT TO READ A CHAPTER EVERY DAY" OR "I WANT TO LOSE 20 POUNDS", "I WANT A BMI NUMBER OF 25" ARE THINGS THAT CAN ACTUALLY BE MEASURED TO SEE IF YOU ARE REACHING YOUR GOAL.

TAKE YOUR GOAL FROM STEP 2 AND MAKE IT MEASURABLE. \_\_\_\_\_

---

STEP 4 - PUT A TIME LIMIT ON IT - "I WANT TO READ THE ENTIRE BIBLE THROUGH", "I WANT TO READ A CHAPTER EVERY DAY" OR "I WANT TO LOSE 20 POUNDS", "I WANT A BMI NUMBER OF 25" ARE MEASURABLE, BUT UNLIMITED. WHEN DO YOU WANT TO BE DONE? "I WANT TO READ THE BIBLE THROUGH IN A MONTH" IS VERY DIFFERENT FROM "I WANT TO READ THE BIBLE OVER 10 YEARS". "I WANT TO LOSE 20 POUNDS THIS MONTH" IS QUITE DIFFERENT FROM "I WANT TO LOSE 20 POUNDS THIS YEAR". THE AMOUNT TO BE DONE EACH DAY IS DIFFERENT. HAVING A DEADLINE MAKES THINGS HAPPEN.

TAKE YOUR MEASURABLE GOAL AND GIVE IT A DEADLINE. \_\_\_\_\_

---

STEP 5 - BREAK IT DOWN AND WRITE IT DOWN - IF I WANT TO LOSE 30 LBS. IN 3 MONTHS THAT IS 10 LBS. A MONTH, ABOUT 2.5LBS A WEEK, A LITTLE LESS THAN ½ LB. PER DAY. I CAN WEIGH EVERY DAY OR ONCE A WEEK AND KNOW IF I AM GOING TO MAKE IT OR NOT. IF I WANT TO READ THE WHOLE BIBLE IN ONE YEAR I HAVE TO READ BETWEEN 3 AND 4 CHAPTERS A DAY. IF I GO A MONTH READING 1 CHAPTER A DAY OR ONLY READING 3 DAYS A WEEK I CAN SEE THAT I MUST READ MORE OR FALL SHORT.

WRITE YOUR GOAL DOWN LOOK AT IT AND START TAKING STEPS TO REACH IT EVERY DAY. \_\_\_\_\_

---