

Charting Your Course Together

➤ GOALS — WHAT are they?

1. Purposes, Objectives
2. Elements of a good goal: Goals must be...
 - a. _____
 - b. _____ enough to be measurable
 - c. _____ limited

➤ Is Goal Setting _____?

1. Goal, in the sense of life _____

But soon I will gather them from all the lands where I forced them to go, and I will bring them back to this place, where they may live in safety. The people of Israel and Judah will be my people, and I will be their God. I will make them truly want to be one people with one GOAL. They will truly want to worship me all their lives, for their own good and for the good of their children after them. Jeremiah 32:37b-39 (NCV)

I will give them one heart and one purpose (vs. 39b – NLT)

2. We are to “count the _____” of projects and involvements:

Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him, saying, ‘This fellow began to build and was not able to finish.’ Luke 14:28:30

3. Our goals must _____ the Lord.

So we make it our goal to please him, whether we are at home in the body or away from it. 2 Corinthians 5:9

4. We are to “_____ for our own.”

If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever. 1 Timothy 5:8

➤ Goal-Setting In Nine _____ Of Life

1. Areas defined:
 - 1) Marriage — Goals that affect the husband-wife _____
 - 2) Spiritual — Goals that affect our relationship with God and _____
 - 3) Parenting/Family — Goals that affect our relationships with our children or _____
 - 4) Vocational — Goals that affect our _____ pursuits

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- 5) Physical — Goals that affect our _____
- 6) Financial — Goals that affect our _____ welfare
- 7) Recreational — Goals that affect our _____ and relaxation pursuits
- 8) Emotional — Goals that affect the well-being of our _____, heart and souls
- 9) Social — Goals that affect interpersonal relationships or _____ welfare

2. Sample Goals - see page 3 for sample goals for each area

➤ Working With Your Goal Worksheet

1. Place a star (*) beside the 4 goals you feel are most important to your _____. Then _____ them in order of importance — 1 through 4.
2. Place a zero (0) beside the two goals you would be willing to _____ if it were absolutely necessary.
3. Place a dollar sign (\$) beside each goal that costs money.
4. Place a "P" beside those influenced by your _____, from either a negative or positive point of view.
5. Place an "S" beside those you think your _____ has written down.
6. Place a cross (+) beside the goals you feel _____ considers important.
7. Write a _____ about one of your goals.

➤ Couple Sharing

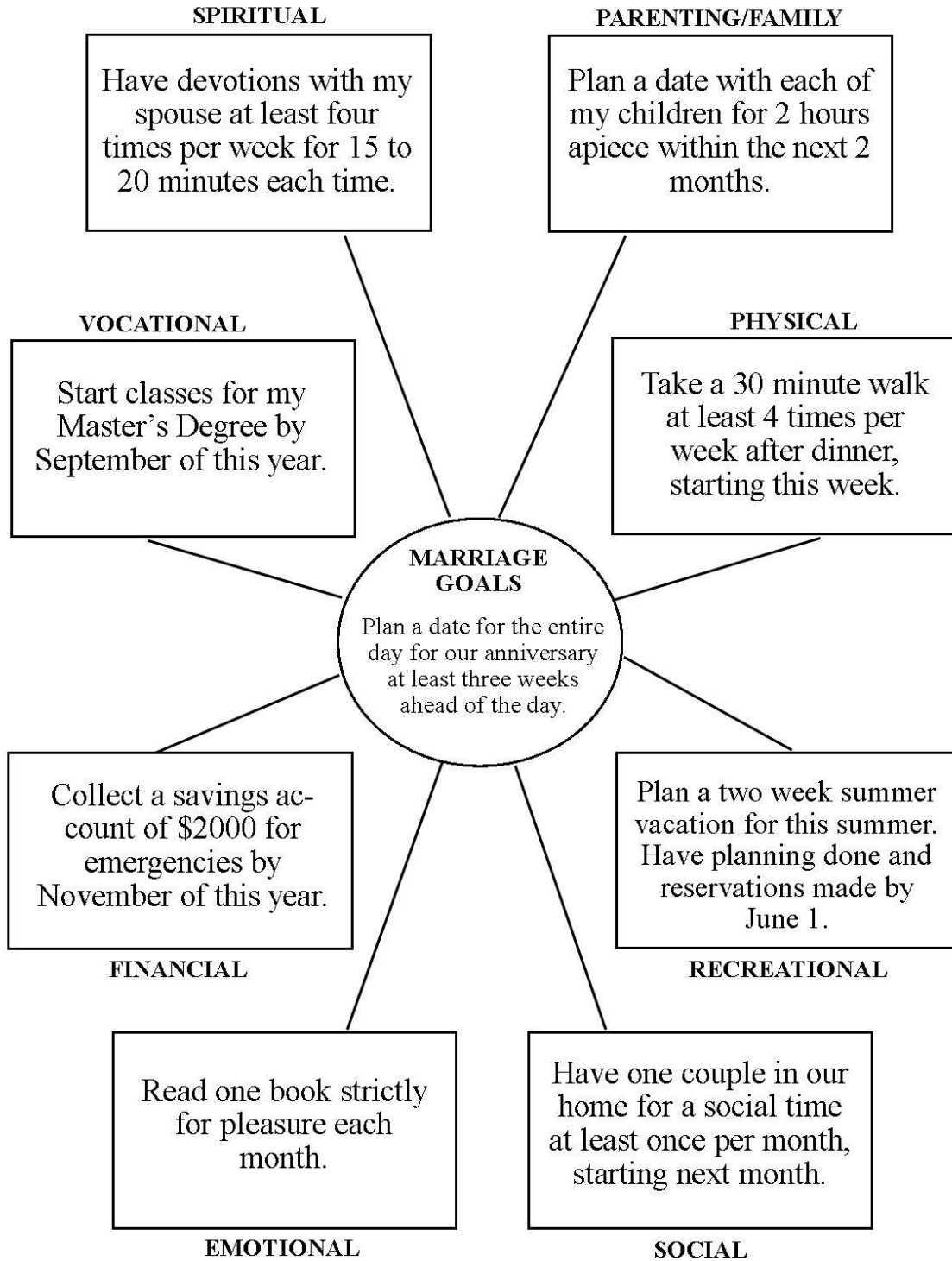
1. Write your goals individually and follow the 7 instructions about grouping/marking them to finish your goal sheets.
2. Compare your goals. Which ones are the same?
3. Compare and discuss your four most important goals. Why are they the most important? Would you like them to be mutual goals?
4. Together, choose one goal to work on mutually. Discuss a plan of action to accomplish it.
5. Tape both goal sheets to the front of your refrigerator or bathroom mirror.

➤ Conclusion

Knowing what you're aiming at isn't enough. You must take the steps to "_____ the _____." *Now that you know these things, DO THEM. That is the path of blessing.* (John 13:17 LB)

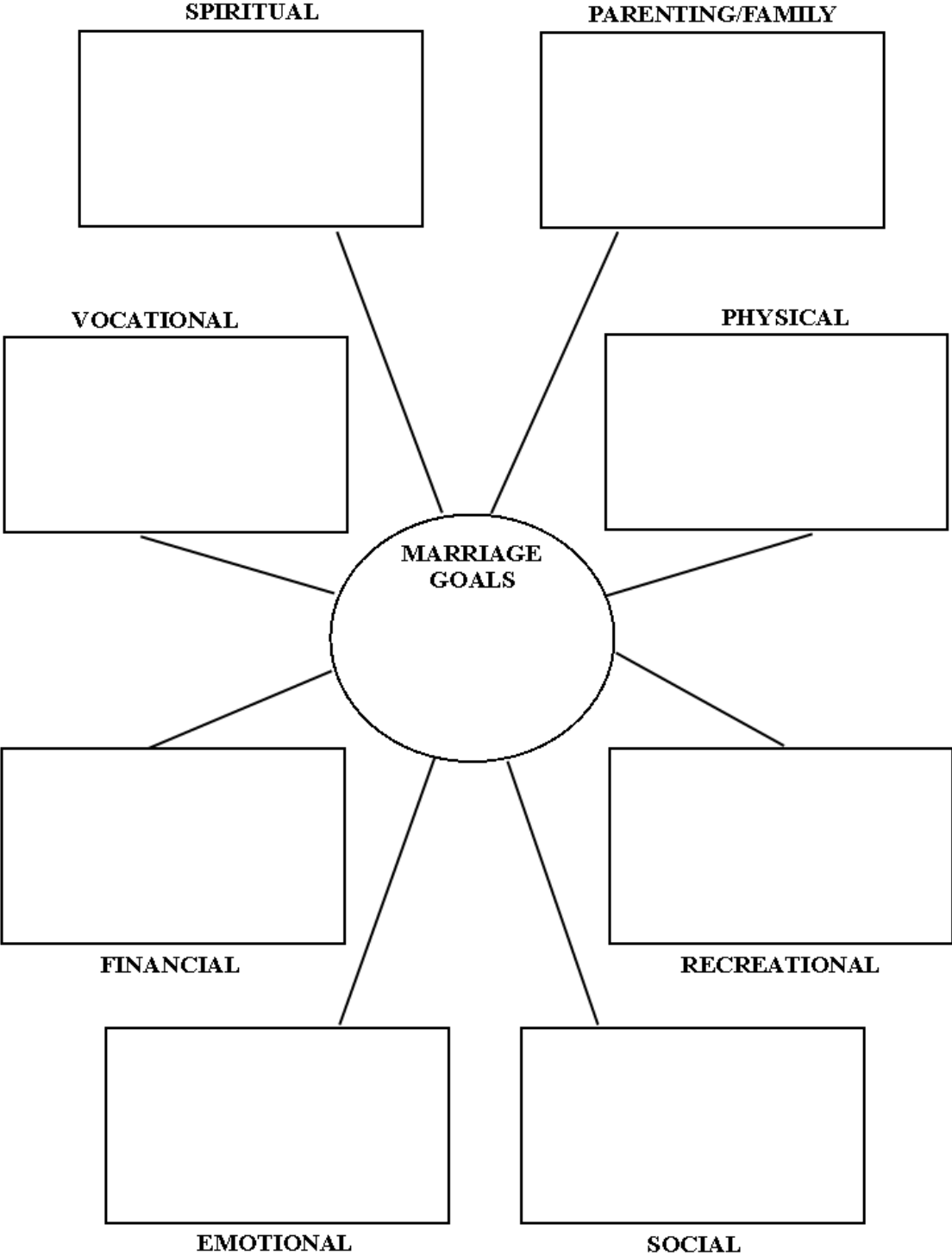
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Goal Setting Worksheet with Sample Goals



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