

SPIRITUAL GOALS WORKSHEET

Although not an exhaustive list of spiritual disciplines, the following categories cover a broad spectrum. As you set goals, keep these tips in mind:

1. **Concentrate your efforts** - Set just one, two, or three goals at a time.
2. **Be realistic** - Set *attainable* goals.
3. **Think concretely** - Set goals so progress can be measured.
4. **Include strategies** – Determine *how* you will meet your goals.
5. **Create manageable steps** - Break your overall goal into a series of smaller goals.

Time with God:

- Prayer
- Bible Reading
- Journaling/Creative Bible Journaling
- Fasting
- Silence & Solitude
- Other

Bible Intake:

- Bible Reading
- Bible Study, personal and group
- Scripture Memory
- Meditation
- Other

Church Ministry:

- Place of Service
- Meeting others' needs
- Mentoring
- Other (Tithing)

Spiritual Development:

- Accountability
- Retreats/Conferences

Community Ministry/Service:

- Para-church organizations
- Charities
- Other

Other Areas (relationships, work, health):