

# Get Your Goals On

*Goals. There's no telling what you can do when you get inspired by them. There's no telling what you can do when you believe in them. There's no telling what will happen when you act upon them. Jim Rohn*

Goals are like magnets that pull you into the future. The problem is people don't write their goals down, they are not specific, and they don't keep them in front of their eyes. Goals should be:

S. – Specific (Determine who, what, when, where, and why).

M. – Measurable (How will you measure your progress?)

A. – Achievable (How will you achieve this goal, i.e. take a class).

R. – Realistic (Is the goal reachable given time and resources)?

T. – Time Sensitive (Target date).

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us. Ephesians 3:20

Dream Bigger: What do I want my IDEAL life to look like one year from now?

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Think about where you currently are, and set goals based on where you want to be. This is not the time to place it safe. Go for it!

**Faith:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Family:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Fitness:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Friends:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Finances:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Fun:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Other:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Don't forget to keep the S.M.A.R.T. model in mind. Here's a little extra space for additional thoughts/ideas.

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If you can see it, you can seize it! Add pictures, phrases (New York Times Best Seller), quotes, and Scripture to bring your goals to life.

