

2020

REFLECTION & GOALS

how to

reflect

Start by looking back. Do this prayerfully. Enter into the presence of God and ask Him to show you the things you may not have noticed about this past year.

main thing

Looking at your life, what's truly taking the priority? What is the main thing you're spending your time and life on and what do you want to be the main thing you're spending your time and life on?

dream

Dreams are so different from goals and plans. Goals and plans tend to be things we think we can reach, whereas dreams are rarely things you can control, and so - many of us avoid them. It is painful to want something you may not get, but this is vulnerability. Being willing to be honest with God about what you want and give these dreams to Him, trusting Him to steward them (even when He doesn't do what you want).

plan

Planning is about making choices for the future that are in line with the life you want and the priorities you have for your self. It is about remembering that while we cannot control the world or other people, God has given us dominion over a few things. Make these things you can do with the resources and dominion God has given you.

habits

Now turn your plans into measurable, obtainable habits. What daily habits will help you accomplish your plans? If you 'dreamed' of being healthier, and you 'planned' to eat healthier, then maybe your habit is to eat veggies at 10 meals a week; use your habit tracker to track this. (e.g. veggies at a meal is the title and you check a box each time you do it).

time budget

This is one of my favorite tools. Time is like money - you don't have unlimited amounts and if you just spend reactively, I guarantee you it will go towards things that don't actually move you towards your goals. Looking at your dreams and plans, how do you want to spend your time? What will you prioritize and what is left over?

looking back

What happened this year that you are thankful for?

What things did you take for granted?

What things have felt like gifts? What was it about them that made them so good, and how are they a reflection of God?

What was lost/hard/disappointing? Share with God the pain, and find the places you agree about what is broken in the world.

What has your relationship with God been like this year? Imagine you are in a counseling session together. What would each of you say about your relationship? Where are you feeling a lack of trust, lack of passion? What has happened that is causing conflict? What does He want from you that you aren't willing to give and viceversa?

What fears have been driving your choices this year? What choices are you currently making to manage these fears?

Start by looking back. Do this prayerfully. Enter into the presence of God and ask Him to show you the things you may not have noticed about this past year.

reflect

main thing

Looking at the circles on the next page, complete the boxes, filling in the names or things that fall in each circle and assess the satisfaction you're finding in each one.

Consider your schedule and time in 2019. Draw an image that represents functionally which circles came first - not based on what you truly prioritize or value - but based on how you functionally prioritized your time.

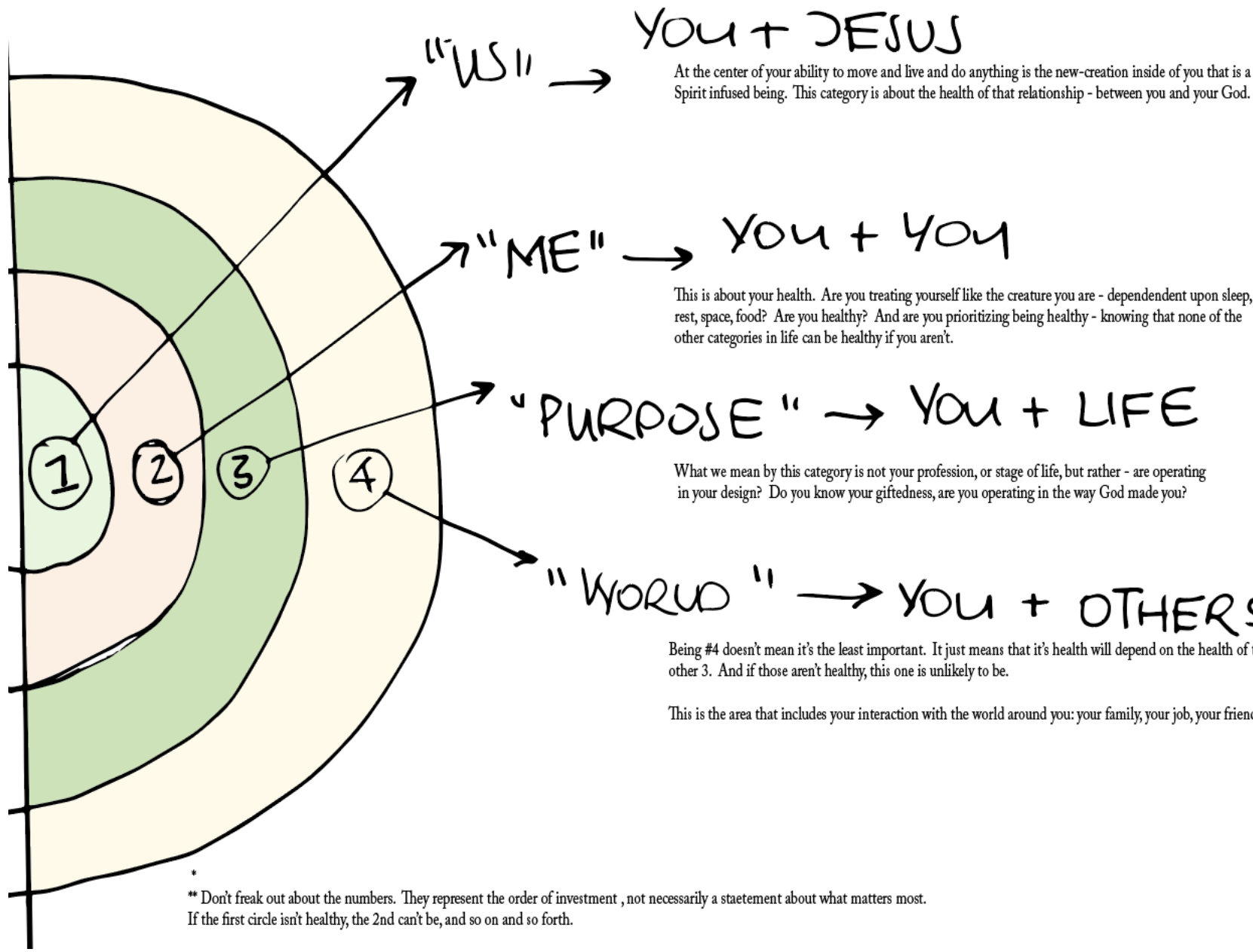
What do you want these circles to functionally look like in 2020?

What are the obstacles keeping you from prioritizing your priorities? Highlight or circle ones that resonate with you below and add your own!

I don't know how to make me and Jesus feel like a relationship
I don't know how to prioritize my time
I don't know what it would look like to love myself and enjoy myself
I feel like I have so many past experiences that have made it hard to love and enjoy myself
I'm not sure who I am
I'm not sure what I want
I don't understand my design or giftedness
It feels selfish to prioritize my health with myself or Jesus
I don't know how to interact with others or act in my giftedness in my day to day

Looking at your life, what's truly taking the priority? What is the main thing you prioritize as the source of health in your life? What comes first? And what do you want to be the thing that comes first?

main thing



What are the things you do in your life that fall in each category? Describe the health of these areas/relationships right now?

Describe how you would want these areas to look.

[Empty box for describing current health of 'US' category]

[Empty box for describing desired health of 'US' category]

[Empty box for describing current health of 'ME' category]

[Empty box for describing desired health of 'ME' category]

[Empty box for describing current health of 'PURPOSE' category]

[Empty box for describing desired health of 'PURPOSE' category]

[Empty box for describing current health of 'WORLD' category]

[Empty box for describing desired health of 'WORLD' category]

looking forward

What is one thing that is humanely impossible that you will ask God to do this year?

What is one thing you want to be different in your life in the current year?

What do you think will matter most to you one year from now, ten years from now, eternity?

Who is the person who God wants you to encourage this year?

What do you want to be different about how you handle your finances in the coming year?

What is the most important decision you face this year?

Single blessing you will seek?

What do you hope will be different about you this time next year?

Trip you dream of taking?

You don't have time to do all the things and make all the changes. What is the one non-negotiable for the coming year? What is the one thing that is most important to you to do or prioritize this year?

How do you want your relationship with God to be described by the end of this coming year?

The Spirit is always interceding for you. What do you think He is praying for you this coming year?

What verse(s) do you want to mark your coming year?

dream

looking forward

What is one thing you could do to increase your enjoyment of God?

What is one thing you can do to improve the quality of your family life?

What is one spiritual discipline you want to grow in this year? And what is one practical step you can take to move toward that?

What is your current biggest time waster, and what is one step you can take to reclaim your time?

What is one thing you can do to strengthen your church?

What is one thing you can do to improve the quality of your work life?

What is one thing you can do to increase the quality of your prayer life?

What is one thing you can do to simplify your life this year?

What is one habit you want to take on or adjust?

Single thing you can do to improve the quality of your life

What is one skill you want to grow in and what practical step can you take toward that?

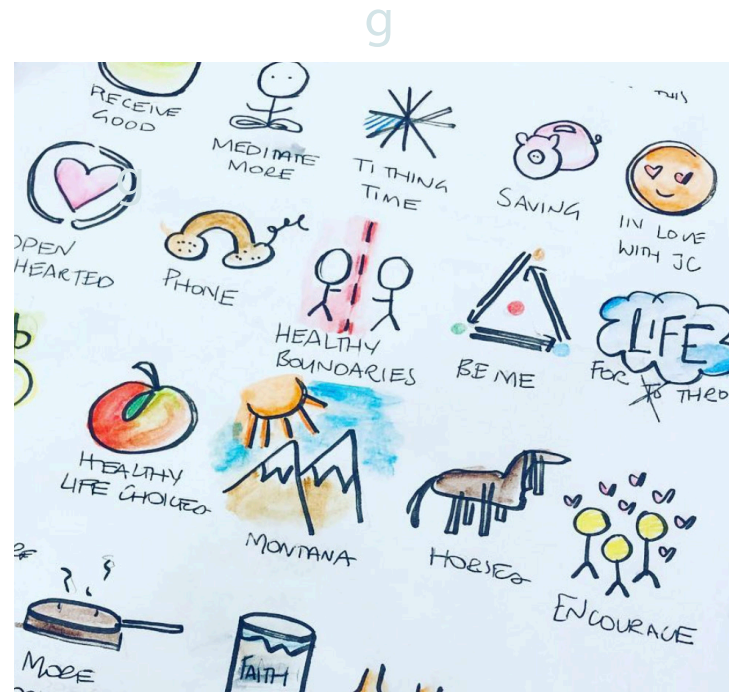
What is one thing God is asking you to do to improve the quality of your relationship with Him?

plan

Summarize Values

Looking back over all the sheets, write out or draw the key values or words that summarize what you want out of your 2020.

E.g. from my 2019



Values --> Habits

Take each value and turn it into a specific task or habit.

E.g. Phone

- 15 MIN ON PHONE MAX AM OR PM
- LEAVE MY PHONE ACROSS ROOM AT NIGHT

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Monthly Habits to help you fulfil your plans

Pick a few habits that you want to focus on for each month, and then use this sheet each month to track them! Just mark off a box each time you do it.

Grid of 30 empty boxes for habit tracking.

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Time Budget

At the start of each month, think about how you want to spend the hours in a week.

Large grid of 30 empty boxes for time budget tracking.

Vertical column of 30 empty boxes for tracking 'Sleep'.

2020 where to start?

You and You

- Do you have the tools to make sure you're physically and emotionally healthy?
- How much freedom do you have from past hurts?
- How confident are you that you have the tools to navigate hard things?

You and Others

- Do you have the tools you need to work with complex creatures like humans?
- What does it look like to invest in those around you?
- Are you feeling fruitful in your life?

You and Jesus

- How well do you know each other?
- How much are you experiencing one another?
- How much do you trust each other?

You and Life

- How much does your life reflect your values?
- How confident are you that you're operating in your design?
- How aware are you of your design?