

GROWTH GOALS

HOW TO

Directions: Use this guide to help you set goals and live out the 8 Core Practices. Write out your new goals on page 20.

WRITE OUT YOUR GOALS

Research shows that when you write out your goals you are 42% more likely to achieve them.

BE SPECIFIC

Make your goals specific, so you know when you have made progress.

WRITE THEM OUT AS AFFIRMING STATEMENTS

Instead of writing “I will...”, write “I am...” statements. It’s important to speak positive and think positive.

MAKE THEM ATTAINABLE

Growth happens in steps, not leaps, and bounds. Set smaller goals that you can accomplish.

SHOW YOURSELF SOME GRACE

You may fall behind, fail, or want to give up. That’s OK. The important thing is that you keep working on your goals.

SHARE YOUR GOALS

Share your goals with someone you trust. Accountability and encouragement will help you achieve your goals.

ASK FOR HELP

Is there an area that you consistently struggle in? Talk to someone who can help you grow in that area.

DAILY RECITE AND REVIEW YOUR GOALS

Read your goals aloud every morning, and every evening take time to evaluate how you did.

PRAYER

Don’t forget that these goals are about growing in your walk with Christ. Talk to him daily and ask for His help.

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EVALUATION AND ACTION

Take a few minutes to write out specific goals you have for the 8 Core Practices.

Remember the point is not to try and earn God's love, but to grow in your love for God.

Keep these goals in front of you for the next 90 days. Make this your screensaver, laminate it, or frame it.

DAILY DEVOTIONS

SUNDAY WORSHIP

CONTINUAL SURRENDER

SHARING CHRIST

PERSISTENT PRAYER

GODLY FRIENDSHIPS

GENEROUS GIVING

SACRIFICIAL SERVING
