

GROWTH GOALS GUIDE

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 think, speak, and believe positive.

MAKE THEM ATTAINABLE

Growth happens in steps, not leaps. 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.

GROWTH GOALS

EVALUATION AND ACTION

Identify Goals: Take a few minutes to write out specific goals for each of the 8 Core Practices.

Remember Your Motivation: These goals are not about earning God's love—they're about growing in your love for Him.

Reflect and Listen: Review what you've written in this workbook. Ask: What might God be saying to me through this?

Make It Actionable: Turn each reflection into a clear, specific, and actionable 90-day goal.

Keep Your Goals Visible: For the first 30 days: Review your goals daily. For the remaining 60 days: Review them weekly.

One specific action I will take to grow in my practice of DAILY DEVOTIONS

One specific action I will take to grow in my practice of SUNDAY WORSHIP

One specific action I will take to grow in my practice of CONTINUAL SURRENDER

One specific action I will take to grow in my practice of SHARING CHRIST

One specific action I will take to grow in my practice of PERSISTENT PRAYER

One specific action I will take to grow in my practice of GODLY FRIENDSHIPS

One specific action I will take to grow in my practice of GENEROUS GIVING

One specific action I will take to grow in my practice of SACRIFICIAL SERVING
