

# THIS YEAR'S GOALS

*Our theme for this year is:*

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## EMOTIONAL

How do you want to grow emotionally (grow deeper, etc.)?  
What could you practically put in place to move toward that?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## INTELLECTUAL

How do you want to grow intellectually (learn something, etc.)?  
What practically could you put in place to move toward that?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## PHYSICAL

How do you want to grow physically (health-wise)? What  
practically could you put in place to move toward that?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## SOCIAL

How do you want to grow socially (friendships, activities)? What  
practically could you put in place to move toward that?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## SPIRITUAL

How do you want to grow spiritually (prayer life, sabbath, etc.)?  
What practically could you put in place to move toward that?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## STEWARDSHIP

How do you want to steward the gifts, time, and finances God  
has given you? What could you put in place to grow?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# THIS YEAR'S GOALS

*Our theme for this year is to be \_\_\_\_\_*

*[Core Need #1 ]*

*and \_\_\_\_\_ [Core Need #2] by God,*

*and therefore to \_\_\_\_\_ [Core Need #1 ] and*

*\_\_\_\_\_ [Core Need #2 ] others.*

## 1. Come up with an overarching Theme Sentence.

Take time to pray and choose a couple of Core Needs [below] you want to focus on for the year, and then fill out the Theme Sentence above.

### Core Needs

**Affirmed:** Overwhelmingly approved of (Ps. 118:6, 2 Cor. 1:21-22)

**Desired/Sought:** Specially chosen—no pretense necessary (Is. 41:9, John 15:16)

**Included:** Wanted in this group, team, or partnership; I belong (Is. 43:1, Eph. 2:19)

**Loved:** Unconditionally accepted (Jer. 31:3, Rom.8:39)

**Nurtured:** Cared for; held (Is. 40:28, Matt. 23:37)

**Purposed:** Filled with a sense of profoundly mattering (Ps. 57:2, Rom. 8:28)

**Rested:** Re-centered and reset in mind, body, spirit; includes having fun (Ex. 23:12, Ps. 127:2)

**Delighted In:** Seen as unique and special (Ps. 139:14, 1 Cor. 12:27)

**Protected:** Unafraid; trusting everything is under control (Prov. 18:10, Matt. 10:28)

**Noticed:** Seen inside and out (Gen. 16:13, Ps. 139:7-8, 11-12)

## 2. Think through areas of your life (what we call Gardens), and how you want to implement your Theme Sentence in these areas of life (Gardens).

*Why “Gardens”?* We are always sowing into and reaping fruit from our life. We are never stagnate. Why don't we intentionally plant good seeds in order to reap good fruit and to become more of the people we were truly meant to be in Christ?

*Also:* Some people choose three types of specific goals in the Gardens such as personal, marriage, and then family goals, or personal, roommate, and then church relationship goals.