



VISION 20_____

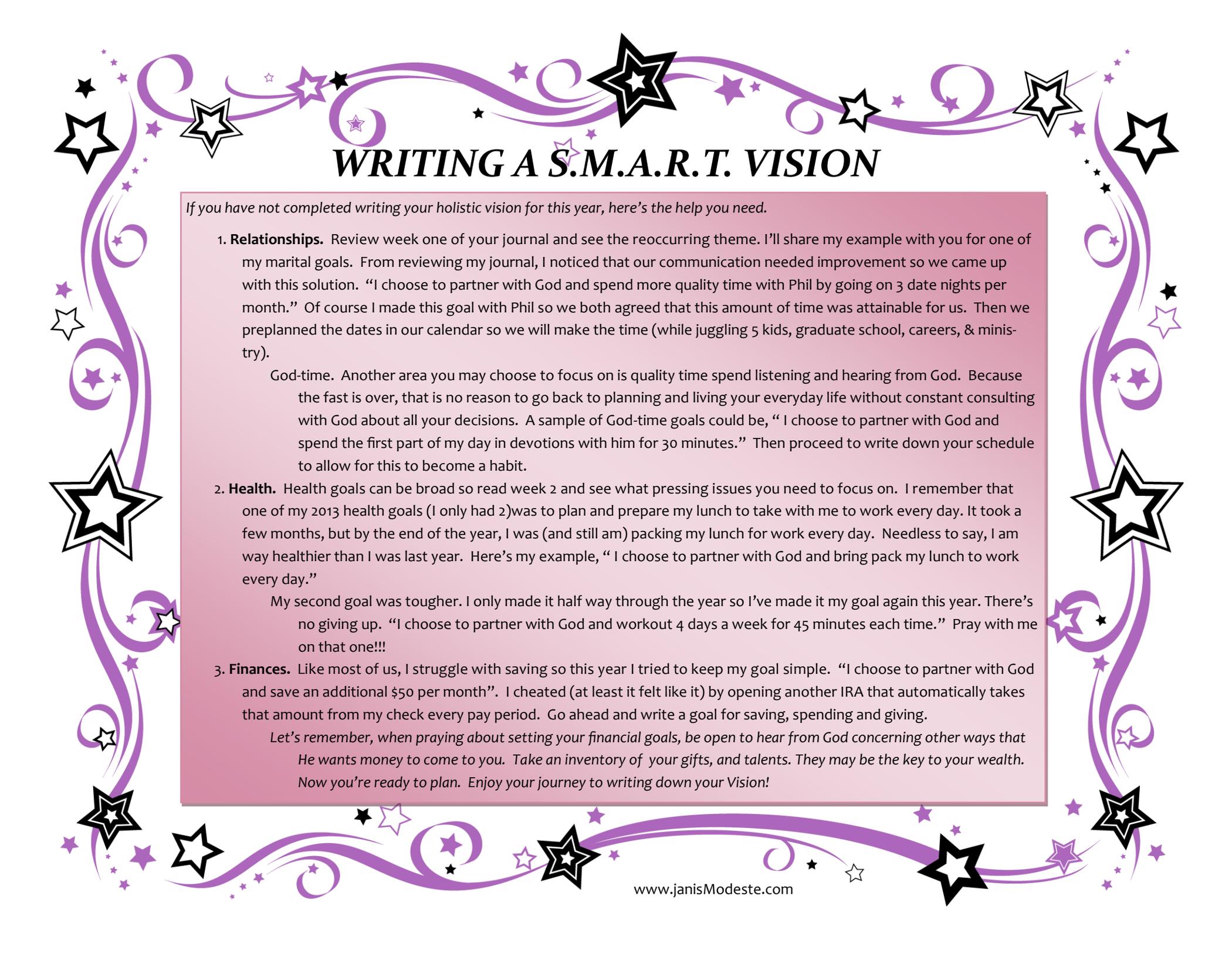
Relationship Goal:

Health Goal:

Financial Goal:

signature

date



WRITING A S.M.A.R.T. VISION

If you have not completed writing your holistic vision for this year, here's the help you need.

1. **Relationships.** Review week one of your journal and see the reoccurring theme. I'll share my example with you for one of my marital goals. From reviewing my journal, I noticed that our communication needed improvement so we came up with this solution. "I choose to partner with God and spend more quality time with Phil by going on 3 date nights per month." Of course I made this goal with Phil so we both agreed that this amount of time was attainable for us. Then we preplanned the dates in our calendar so we will make the time (while juggling 5 kids, graduate school, careers, & ministry).

God-time. Another area you may choose to focus on is quality time spend listening and hearing from God. Because the fast is over, that is no reason to go back to planning and living your everyday life without constant consulting with God about all your decisions. A sample of God-time goals could be, "I choose to partner with God and spend the first part of my day in devotions with him for 30 minutes." Then proceed to write down your schedule to allow for this to become a habit.

2. **Health.** Health goals can be broad so read week 2 and see what pressing issues you need to focus on. I remember that one of my 2013 health goals (I only had 2) was to plan and prepare my lunch to take with me to work every day. It took a few months, but by the end of the year, I was (and still am) packing my lunch for work every day. Needless to say, I am way healthier than I was last year. Here's my example, "I choose to partner with God and bring pack my lunch to work every day."

My second goal was tougher. I only made it half way through the year so I've made it my goal again this year. There's no giving up. "I choose to partner with God and workout 4 days a week for 45 minutes each time." Pray with me on that one!!!

3. **Finances.** Like most of us, I struggle with saving so this year I tried to keep my goal simple. "I choose to partner with God and save an additional \$50 per month". I cheated (at least it felt like it) by opening another IRA that automatically takes that amount from my check every pay period. Go ahead and write a goal for saving, spending and giving.

Let's remember, when praying about setting your financial goals, be open to hear from God concerning other ways that He wants money to come to you. Take an inventory of your gifts, and talents. They may be the key to your wealth. Now you're ready to plan. Enjoy your journey to writing down your Vision!