

Personal goals

Use pages 1 and 2 to help determine goals. When denoting type and vehicle for goals, ask the following questions. (A goal may fall under more than one type and/or vehicle, but try to select only those which apply best.)

“Does this goal cause me to...  
 ...love the Lord (circle D for devotion),  
 ...love neighbor (circle S for service),  
 ...love self (circle H for health)?”

“Does this goal focus on...  
 ...the emotional (circle heart),  
 ...the spiritual (circle cross),  
 ...the mental (circle quill),  
 ...the physical (circle hand)?”



As goals are added, keep tallies of each type and vehicle in the Totals area. Consider the balances. Are some being stressed more than others? Are some being neglected?

Date: 6/26/10

- |   |             |     |     |     |     |            |
|---|-------------|-----|-----|-----|-----|------------|
| Goal: <u>P90X DAILY</u>                     | D S (H)     | ♥   | +   | ☞   | ☞   | Met? _____ |
| Goal: <u>SUMMER CREEK READER DAILY</u>      | (D) S (H)   | ♥   | (+) | ☞   | ☞   | Met? _____ |
| Goal: <u>PERSONAL DEVOTIONS TWICE DAILY</u> | (D) S H     | ♥   | (+) | ☞   | ☞   | Met? _____ |
| Goal: <u>WORK AT OFFICE</u>                 | D (S) (H)   | ♥   | +   | ☞   | ☞   | Met? _____ |
| Goal: <u>WORK ON NEW WAASUP PRODUCTION</u>  | (D) (S) H   | (♥) | (+) | (☞) | (☞) | Met? _____ |
| Goal: <u>READ FOR 1 HOUR DAILY</u>          | (D) S (H)   | ♥   | +   | ☞   | ☞   | Met? _____ |
| Goal: <u>WRITE (BLOG OR JOURNAL) DAILY</u>  | (D) S (H)   | (♥) | (+) | (☞) | (☞) | Met? _____ |
| Goal: <u>HEROES NIGHTS</u>                  | D (S) (H)   | (♥) | (+) | (☞) | (☞) | Met? _____ |
| Goal: <u>JLU w/ CHRIS</u>                   | D (S) (H)   | (♥) | (+) | (☞) | (☞) | Met? _____ |
| Goal: <u>START + KEEP A PRAYER JOURNAL</u>  | (D) S H     | ♥   | (+) | ☞   | ☞   | Met? _____ |
| Goal: <u>8 HOURS OF SLEEP EACH NIGHT</u>    | D S (H)     | ♥   | +   | ☞   | ☞   | Met? _____ |
| Goal: <u>MUSIC/SONGWRITING STUFF</u>        | (D) (S) (H) | (♥) | (+) | (☞) | (☞) | Met? _____ |
| Goal: <u>CHURCH + SCHOOL WEBSITE STUFF</u>  | D (S) H     | ♥   | +   | ☞   | ☞   | Met? _____ |
| Goal: <u>FOLLOW P90X MEAL PLAN</u>          | D S (H)     | ♥   | +   | ☞   | ☞   | Met? _____ |
| Goal: <u>WRITE CAMP FRIENDS</u>             | D (S) H     | (♥) | (+) | (☞) | (☞) | Met? _____ |
| Goal: _____                                 | D S H       | ♥   | +   | ☞   | ☞   | Met? _____ |

Totals (use tally marks): ||||| ||||| ||||| ||||| ||||| |||||

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