

Goal Setting Worksheet

Fulfilling My Goals

1

“Commit to the Lord whatever you do, and your plans will succeed.” Proverbs 16:3 NIV

G _____ O _____ A _____ L _____ S _____

The 8 Things Everyone Wants

1. Health
2. Happiness
3. Reasonably Prosperous
4. Safety and Security
5. Friends
6. Peace of Mind
7. Family Relationships
8. Hope that things will get better

- Place a (-) by the ones where you are experiencing lack.
- Place a (+) by the ones where you are experiencing success.
- Place a (?) by the ones that are questionable.

*“A wise man attacks the city of the mighty and pulls down the stronghold in which they trust.”
Proverbs 21:22 NIV*

Which of these areas is the stronghold in your life? _____

Which one of these areas is having the most affect on the other areas of your life? _____

How long have you wanted to bring change to this area? _____

*“The plans of the diligent lead to profit as surely as haste leads to poverty.”
Proverbs 2:5 NIV*

_____ creates diligance?

On a separate sheet of paper, make a list of the 100 benefits that will come to you if you improve this area of your life.

Continued on back —▶

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Steps to bringing about a change of heart!

What is the one strength you intend to bring into your life that will influence your greatest area of need? _____

Identify the beliefs involved with this change

Destructive Belief _____

Life-Giving Belief _____

Counting The Cost

What obstacles will you encounter? _____

Make a list of at least 25 painful things that have come into your life by embracing your current negative belief.

Make a list of at least 25 more negative things that will probably happen if you do not change this belief.

Add every possible benefit that will come to your life on your sheet of 100 benefits.

Experience the pain and pleasure!



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