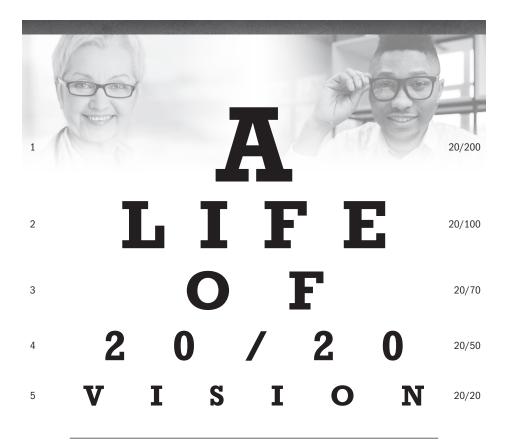
5 Habits to Developing a *Life of 20/20 Vision*:

doar-setting is a	habit to practice.
A flourishing life comes from a	life
I always measure	with the correct device
	take me out
I won't let	take the out.

For an electronic version of this Goals Form, send your name and email address to: info@ChristChurchUSA.org



A Message by Pastor David D. Ireland, Ph.D.

"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track."

— PROVERBS 3:5-6 (THE MESSAGE BIBLE)

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East Campus
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Mai	or F	ers	onal	Goals
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NAME

AREAS OF LIFE	2018	2019	SAMPLE GOALS
Family & Home GOALS	1 2 3 4		 Replace the carpet in the living room. Clean and re-grout the bathroom tiles. Attend my church's Parenting Seminar in Oct. Join a Marriage Mentoring group.
Financial & Career GOALS	1 2 3 4		 Get a part-time job to pay off credit card debt. Meet with a career coach to explore my future. Adjust my finances so I can tithe regularly. Create a budget and a retirement plan.
Spiritual & Ethical GOALS	1 2 3 4	e of	 Read through the entire Bible this year. Fast one day each month for the salvation of my family and friends. Volunteer 10 hrs./month in my community. Participate in at least one area of ministry.
Physical & Health GOALS	1 2 3 4	Vision	 Lose 15-25 lbs. through diet and exercise. Begin a regular exercise program. Eat healthier by using nutritionally balanced recipes from a cookbook. Establish a wellness accountability partner.
Social & Cultural GOALS	1 2 3 4		 Participate in a LIFE or LIFE Activity group. Develop three strong friendships. Attend two Broadway/off-Broadway shows. Take a tour of the Museum of the Bible in D.C.
Mental & Educational GOALS	1 2 3 4		 Complete an online technology class. Read at least six good books. Attend Bible Study: 1st Wed. of the month. Register for a continuing education course.

These six areas of life are so important that they deserve your deepest thought and planning. A good way to turn vision into reality is to use the acronym S.M.A.R.T. Each goal should be **S**PECIFIC, **M**EASURABLE, **A**CHIEVABLE, **R**EALISTIC, and **T**IMELY. Before writing down a goal, ask yourself the penetrating question: Is this a SMART goal? If not, rethink it until it can fit the acronym S.M.A.R.T.