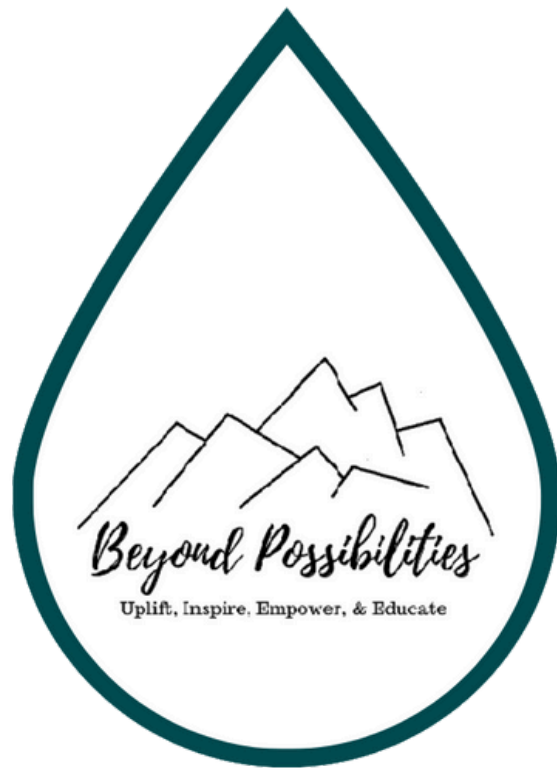


GOAL *Journal*



INCLUDES 10 PAGES

GOAL *Journal*



This Book Belongs To

5 Steps to Achieving Your Goals

1. Define Your Goal with Clarity and Prayer

Write it down in SMART format. For example, instead of “I want to be healthier,” say:

“I will walk for 30 minutes, 5 days a week, for the next 3 months.”

Then, take your goal to God in prayer. Ask for wisdom, strength, and discernment. Proverbs 16:3 reminds us: “Commit to the Lord whatever you do, and He will establish your plans.”

2. Break It into Manageable Milestones

Large goals can feel overwhelming. Breaking them into smaller steps makes them more achievable and provides built-in opportunities to celebrate progress. Each milestone is also a moment to pause, give thanks, and pray for guidance on the next step.

3. Harness Positive Emotions, Gratitude, and Faith

Celebrate small wins, keep a gratitude journal, and thank God as you move forward. Gratitude enhances motivation and strengthens resilience (Emmons & McCullough, 2003).

As you go, imagine what it will feel like to achieve your goal—the joy, peace, or sense of accomplishment. Ask God to keep that vision alive in your heart and to help you persevere.

4. Anticipate Obstacles and Plan Ahead with God’s Help

Setbacks are normal. Create “if-then” plans:

“If it rains and I can’t walk outside, then I will do a 20-minute indoor workout.”

Studies show that implementation intentions like this significantly improve success rates (Gollwitzer, 1999). But also remember—when obstacles come, prayer can shift your perspective. Philippians 4:13 says: “I can do all things through Christ who strengthens me.”

5. Review, Adjust, and Stay Connected Spiritually

Goals are not static. Reflect weekly or monthly on your progress. If your original plan isn’t working, adapt it. Flexibility increases the likelihood of long-term achievement (Sheldon & Elliot, 1999).



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BREAK IT INTO MANAGEABLE MILESTONES



HARNESS POSITIVE EMOTIONS, GRATITUDE, AND FAITH

IMAGINE WHAT IT WILL FEEL LIKE TO ACHIEVE YOUR GOAL



ANTICIPATE OBSTACLES AND PLAN AHEAD WITH GOD’S HELP



Lined area for writing.

REVIEW, ADJUST, AND STAY CONNECTED SPIRITUALLY



DAILY JOURNAL AND CHECKIN



A series of horizontal lines for writing, consisting of 25 lines spaced evenly down the page.

DAILY JOURNAL AND CHECKIN



Handwriting practice lines consisting of 20 horizontal rows. Each row is defined by two parallel light brown lines, creating a series of uniform gaps for letter height practice.

WHAT AM I GRATEFUL FOR IN THIS MOMENT?



A series of horizontal lines for writing, consisting of 25 lines spaced evenly down the page.