

PATH TO PURPOSE

Reflection is one of the
most underused yet
powerful tools for success.

Richard Carlson

MONTHLY CHECK-INS

Take time throughout the year to sit with God and check in on how you are doing with your goals and what your current path looks like.

I know you may feel squeezed from all sides, but I promise this time with God will be an investment with valuable returns. Allow yourself room to get away, rest, and reflect on where you are and where you want to go. Without it, you may not even realize where you have gotten off track spiritually, mentally, physically, and academically.

Maybe you have even gone down a path you aren't proud of. God's mercies are new every day. There is no condemnation for those who belong to Christ. You have permission to ask forgiveness – to RECEIVE forgiveness – and move on with a clean slate. No matter what situation you find yourself in, God is there. He knows, and He loves you. All things can be redeemed and used for His glory.

So, whatever RECHARGES you, do it. A long walk, sitting by a lake or on a blanket at a park or in a cozy corner of a quiet coffee shop. Perhaps with a cup of coffee, worship music quietly playing, and journal in hand.

Meet with God and talk about these things with Him. Invite Him to guide you. He knows you better than anyone else. He loves you more than anyone else. He already sees the beautiful path He has laid out for you...take the time to let Him share it with you. Fear and anxiety slip away when you gain solid footing in God's plan. There is rest for your soul in time with your Savior.

On the following pages are worksheets to help with your monthly goal check-ins.

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Date _____

Take time to **REFLECT** on where you have been and where you want to go. In general, how have things been going this past month? Do you feel you are on track? Are you on the path you want to be on? If not, what needs to change?

Take time to **REMEMBER** your goals. Look back over your goals. Are you on the right path to reach them? What is going well? What is contributing to it going well? What is not going so well? What are the barriers to achieving your goals?

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Take time to **REVIVE** that flame that sometimes dims in the daily grind. Look back over your “whys” for your goals. Rekindle that motivation that may have fizzled in the daily grind.

Take time to **RE-ALIGN** where things may be veering off course...in relationships, school, work, time with God, your health, etc. Make a commitment to make changes that need to be made to get back on track. You can do hard things!

Take time to **RE-FOCUS** on things that really matter. Look back over your FIRST THINGS list. Are your priorities in order? Is your focus in the right place? What might need a little focus tweak?

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Take time to **REJOICE** in victories, no matter how small. What has gone well? What things can you celebrate? No matter how small, it is worth celebrating.

Take time to **RE-VISIT** your calling! Look back over your calling worksheets. Can you picture where you want to be at the end of the year? 5 years? 10 years? Take time to visualize it. Consider making a vision board to hang in your room.

Take time to **RE-PRIORITIZE** where yes's have slipped in that should have been no's...or vice versa. Where are some places you could say "no" or things you could quit if you are feeling overwhelmed? What have you said "no" to that maybe should be a "yes"?

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