

# G O O D

30 DAYS IN THE WORD

## Morning

LOOK BACK & LOOK FORWARD  
GOAL-SETTING WORKSHEETS



## WHY GOAL-SETTING?

We like to think of it as discipline-building more than goal-setting. There is a spiritual battle around us and we want to be ready. Wide awake, sober-minded and fully armed with the power of the Holy Spirit.

In Mark 12:29-33, Jesus responded to a question about the most important commandment. “Jesus answered, ‘The most important is, ‘Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

As we work on a **daily discipline of reading the Word**, along with practicing **daily prayer and gratitude** in our Good Morning series books, we can also work on **strengthening that discipline muscle** by setting a goal in another area of our lives. As Christians, we want to grow toward **knowing, loving, and obeying God more with all our heart, soul, mind and strength, and loving others well.**

The following pages contain the **LOOK BACK & LOOK FORWARD** goal-setting worksheets that are included in the back of each of our Good Morning series books.

We hope and pray this exercise will help you reflect on where you have been and where God is calling you to go (or perhaps leave). By setting **mini 30-day goals**, they become more attainable and over time bring us closer and closer to who and where God has called us.

**L** **30 DAYS IN THE WORD** **LOOK**  
*back*

**L** **30 DAYS IN THE WORD** **LOOK**  
*forward*

WORKSHEETS TO HELP YOU  
INTENTIONALLY REFLECT  
AND SET GOALS

**WE DON'T DRIFT IN GOOD DIRECTIONS.  
WE DISCIPLINE & PRIORITIZE  
OURSELVES THERE.**

- ANDY STANLEY

For resources, visit  
[www.ButGodMinistry.com/GoodMorning](http://www.ButGodMinistry.com/GoodMorning)

## LOOKING BACK & LOOKING FORWARD

Included on the next several pages are worksheets to help you walk through a look-back and look-forward process of reflection and goal setting. Outside of your regular quiet time, set aside a few hours for one-on-one time with God; time to be still and listen to His voice, and also time to get out of the crazy rat race for a moment to examine all of the things you are juggling from a different angle.

Allow yourself room to get away, rest, and reflect on where you have been and where you want to go. Explore areas God may be calling you that you haven't taken the time to dig into. Let God show you old habits or sin areas that need to be broken and new paths to walk down. These worksheets are tools to help you think through some of these areas and establish new goals to work toward.

There are quite a few prompts included...don't let that intimidate you. You don't have to answer them all, they are simply here to help you work through areas that you may not have thought about yet. Take the ones that are helpful and skip the others.

Most importantly, before you begin, spend time with God in prayer. When we are reflecting on the past and goal-setting for the future, we can sometimes make our past mistakes or our future goals idols and mistakenly wrap our identity up in them.

Always remember, your mistakes, sins, and failures don't define you. Neither do your activities, associations, career, jean size, awards, or achievements. God alone is the source of your identity. Nothing you do or don't do will change that.

You are a child of God!

You are created in His image and likeness!

You are forgiven and free!

You are an heir to the kingdom of God!

You are beautiful!

You are valuable!

You have purpose and calling that will bring Him glory!

You have HUGE things to step into prepared in advance just for you!

Yes, goals are good...but remember that you are so very loved exactly how you are right now...not the future, cleaned up, or improved version of you, but the YOU RIGHT NOW!

As you begin this journey of reflection and goal-setting, keep your eyes on the true prize...JESUS! Don't seek gain of the world in exchange for losing your soul. Let these words from Toby Mac's "Lose My Soul" song be your foundational prayer as you work through these pages...

"Lord, forgive me when I get consumed by the things of this world that fight for my love and my passion. As my eyes are open wide and on You, grant me the privilege of Your world view. And may Your kingdom be what wakes me up and lays me down."

## LOOKING BACK

The purpose of this section is to LOOK BACK on the past several months (or years if this is newer to you); to reflect on what went right and what might have gone wrong. For each of the questions we've provided some categories to consider. They may not all be applicable to you, but it should help get you thinking holistically.

**SPIRITUAL:** relationship with God, church community, ministries, serving

**RELATIONSHIPS:** community, family, friendships, spouse, kids, co-workers

**HEALTH:** taking care of the body God has given you, eating, drinking, sleeping, exercise habits, wellness

**HOBBIES/FUN:** interests, books, travel, hobbies, pursuing dreams, learning new things

**VOCATION:** job, career, school, projects, personal development, finances

The following pages contain spaces to capture your thoughts, thinking about how you would assess each of these areas. What went well? What could use some improvement? Where do you feel you are on the right track? Where do you need to chart new paths? What barriers kept you from meeting prior goals in these areas?

Remember that this is still a reflection of where you have been at this point. Goal setting will come later.

**SPIRITUAL:**  
RELATIONSHIP WITH GOD, CHURCH COMMUNITY, MINISTRIES, SERVING

What went well?

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What habits or circumstances contributed to it going well?

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What didn't go well or could be improved?

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What barriers or circumstances hindered success here?

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What do you wish you had more of or did differently?

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**RELATIONSHIPS:**

COMMUNITY, FAMILY, FRIENDSHIPS, SPOUSE, KIDS, CO-WORKERS

What went well?

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What habits or circumstances contributed to it going well?

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What didn't go well or could be improved?

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What barriers or circumstances hindered success here?

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What do you wish you had more of or did differently?

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**HEALTH:**

TAKING CARE OF THE BODY GOD HAS GIVEN YOU, EATING, DRINKING, SLEEPING,  
EXERCISE HABITS, WELLNESS

What went well?

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What habits or circumstances contributed to it going well?

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What didn't go well or could be improved?

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What barriers or circumstances hindered success here?

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What do you wish you had more of or did differently?

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## HOBBIES/FUN:

INTERESTS, BOOKS, TRAVEL, HOBBIES, PURSUING DREAMS, LEARNING NEW THINGS

What went well?

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What habits or circumstances contributed to it going well?

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What didn't go well or could be improved?

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What barriers or circumstances hindered success here?

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What do you wish you had more of or did differently?

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## VOCATION:

JOB, CAREER, SCHOOL, PROJECTS, PERSONAL DEVELOPMENT, FINANCES

What went well?

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What habits or circumstances contributed to it going well?

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What didn't go well or could be improved?

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What barriers or circumstances hindered success here?

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What do you wish you had more of or did differently?

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## REFLECTION TAKE-AWAYS & VICTORIES

After taking time to intentionally reflect on these areas, what are some key takeaways you noted?

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Take time to document VICTORIES -- no matter how big or small. Rejoice in the victories. What went especially well? What are you most proud of?

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## TIME MANAGEMENT

As you reflect on the past several months, have you managed your time well? Have some yes's slipped in that should have been no's...or vice versa?

Author and philanthropist Bob Goff says he quits something every Thursday! Are there some things you can and should quit? Our tendency is to add things without shedding others, and we find ourselves overwhelmed and burnt out. We want to be a person of our word, but there are many times we can, and should, just say, "no."

These may not be bad things (in fact, many are likely good things), but they aren't the best things for you this season. Don't risk sacrificing the great for the good. Think about things that may be draining your time or emotional energy with little or no benefit toward your goals or glorifying God (e.g. social media, toxic friendships, clubs/organizations, volunteer roles, etc.). Pray that God shows you where to focus your yes's and no's.

Look back over your reflection pages and perhaps even your calendar this past year. Are there things you can and should quit doing to make room for places God may be calling you to go, or things He may be nudging you to do?

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## FIRST THINGS

“Put first things first and you get second things thrown in;  
put second things first and you lose both first & second things.”

-C.S. Lewis

Take some time to think and pray about what you want to be your FIRST THINGS this month or year. Things you want to be focus areas for the next 30 days to help guide your goal-setting. Think about the non-negotiables that you want to make a priority and make time for. These are generally things that we value, but let get crowded out by the “second” things that are usually dictated to us and have deadlines and hard due dates. Second things aren’t necessarily bad things – in fact, they are often good things – but they aren’t first things. They aren’t the most important things.

There should always be a spiritual component to your FIRST THINGS, but in different seasons of life, there will be other FRIST THINGS as well.

### MY FIRST THINGS

Look back on all of your notes and come up with your top 3 things you want to be a priority this month or year.

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### FIRST THING NOTES

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## 30-DAY GOAL SETTING

Now that you have had the chance to reflect and think on priority areas, what would you like to set as your goals for the next month/season/year? We've set up the GOOD MORNING series to allow for mini 30-day goals.

Here are some ideas to kick start your thinking:

- Get to bed by 9pm every night for 30 days
- Do one random act of kindness each day for 30 days
- Give up social media for 30 days
- Write a letter to someone each day (or send an encouraging text)
- Make a lunch date with a friend once a week during the month
- Drink ten 8-oz glasses of water each day for 30 days
- Read 20 minutes each day
- Find a fitness challenge for 30 days (plank, pushup, etc.)
- Memorize a passage of Scripture over the next 30 days
- Walk 10,000 steps each day listening to an encouraging podcast
- Don't buy anything new for 30 days
- Set one thing aside to give away each day for 30 days
- Don't eat out for 30 days
- Join and start attending a small group this month
- No soda or alcohol for 30 days
- Learn something new (sign up for a class, practice calligraphy 10 min each day, etc.)
- Eat Whole 30 for 30 days
- Set aside \$10 a day for 30 days (you'll save \$300!)
- Write 500 words a day for 30 days

Goal(s) for the next 30 days:





## MY ONE WORD

There's nothing magical about coming up with a "word" for the month or year, but it is kind of fun and could serve as a quick and easy reminder of some of your "first thing" priorities and goals.

Here are a few tips on coming up with your word or phrase...

### **Brainstorm**

Looking over your goals for the month or year and your "first things," start writing down some words that reflect what you hope to accomplish. Think of words that describe the process, the end state, the achieved goal. The following pages have some blank space to start brainstorming.

Don't worry if they are silly, just keep writing. Often one word you would never pick will lead to another word that is perfect. Give yourself a good list to choose from. Pray about the word God may be leading you toward.

The next page has some word ideas if you are feeling stuck.

### **Look for Themes**

Look over your goals and your ONE WORD brainstorm list. Highlight or star those that really speak to you. Combine like words together.

Do you notice any themes? If so, these may inspire some additional words to add to your brainstorm list.

### **Pick your Word**

From your brainstorm list, circle those that are your top choices. Step away for an hour or so and then come back to the circled list. One should emerge that is your perfect word for the season.

## ONE WORD IDEAS

Following are some ideas to get you thinking about your word for the season. Circle some that stand out to you as possibilities.

Connection, believe, transformation, focus, be still, renew, courage, joy, excitement, adventure, love, learning, engagement, joy, bold, discipline, freedom, move, complete, peace, fit, purpose, grow, patience, surrender, delight, slow, sparkle, balance, unafraid, enjoy, present, action, purpose, create, different, adapt, commit, ignite, discipline, reduce, open, awake, determined, organize, breathe, celebrate, fearless, believe, forward, write, momentum, grace, pause, sacrifice, health, no, possibility, finish, dare, unstoppable, embrace, confidence, restart, risk, focus, progress, slow, resolve, Selah, persistence, choose, trust, imagine, change, appreciate, soar, strength, now, mindfulness, invest, be, new, start, transition, fierce, diligence, curious, brave, release, silence, empower, listen, rebuilding, battle, generous, reflection, together, intentional, opportunity, discover, shine, stewardship, push, optimism, prayer, now, my time, transform, Jesus, dream, healing, health, fitness, family, whole, perfection, holiness, grace, fearless, flexible, content, adventure, create, revel, integrity, relentless, fortitude, live, confidence, slow, uplift, perspective, more, relax, thrive, simplify, truth, ambition, direction, minimize.

## ONE WORD BRAINSTORM

Pull out some of the words that resonate most from your brainstorm. You may want to search for synonyms to find like words that may better capture the essence of what you are looking for.

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**My word for the month/season:**



## MEMORY VERSE BRAINSTORM

Now that you have some goals for the month/year and perhaps even a word, find a verse to memorize that captures the essence of your goals. You can search “Bible verses about \_\_\_\_\_,” filling in the blank with your word or some of your goal areas. Jot down several you find that resonate with you as you are searching.

### Memory Verse Brainstorm

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Look over your list and write out the one you have selected as your memory verse for the month.

**My memory verse for the month/season:**



# PUTTING IT ALL TOGETHER AT-A-GLANCE

**My word for the month/season:**

**My first things:**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

**Goal(s) for the month:**

**Memory verse:**

*You may want to tab this page to refer to over the course of the month.*

## 30-DAY TRACKER

Included in each of our Good Morning series books is a 30-day tracker. This can serve as a snapshot checklist for the month. Fill in your goals, enter the date and then keep track daily with any notes related to your goals that you want to capture.

Date	Scripture	Daily Reading	Goal	Goal	Goal	Tracking Notes
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						
Day 11						
Day 12						
Day 13						
Day 14						
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## JOURNAL

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