

PATH TO PURPOSE

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

C.S. Lewis

FIRST THINGS

Take some time to think and pray about what you want to be your FIRST THINGS this year. Things you want to be focus areas for the year 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 FIRST 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 year.

1. _____
2. _____
3. _____

FIRST THING notes:

PATH TO PURPOSE GOAL SETTING

Now that we have reflected on this past year, taken a fresh look at our passion and calling, and given some thought to our FIRST THINGS, it's time to start thinking about some goals. Following are the categories we used in the reflection section to help you get started (you may not have goals in each category, but this might help think through each area). Use this table to jot down notes about what you want to achieve in each category and we will pull it all together in the next section. Visualize what you hope to look back on in one year and say you accomplished. What goals would be needed to get there?

SPIRITUAL: relationship with God, church community, ministries, serving	
RELATIONSHIPS: family, friendships, spouse, kids, co- workers	

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<p>HEALTH: eating, drinking, sleeping, exercise habits. wellness</p>	
<p>HOBBIES/FUN: interests, books, travel, hobbies, pursuing dreams, learning</p>	
<p>VOCATION: job, projects, personal development, finances, developing in your calling space</p>	

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GOALS FOR THE YEAR

Look back on all of your notes and come up with your top 2-5 things you want to work toward this year. Include your “why” for each one...the reason you want to accomplish them and the things that will keep you motivated to work toward them.

1

GOAL

WHY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2

GOAL

WHY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

3

GOAL

WHY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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4

GOAL

WHY

<hr/>	<hr/>

5

GOAL

WHY

<hr/>	<hr/>

6

GOAL

WHY

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Notes:

PATH TO PURPOSE

VISION BOARD

Space to draw, doodle, paste in images, etc. to visually display your goals.

