

PATH TO PURPOSE

REFLECTION

The purpose of this worksheet is to LOOK BACK on the past season; to reflect on what went right and what might have gone wrong. For each of the questions I'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:

family, friendships, spouse, kids, co-workers

HEALTH:

eating, drinking, sleeping, exercise habits, wellness

HOBBIES/FUN:

interests, books, travel, hobbies, pursuing dreams, learning

VOCATION:

job, school, projects, personal development, finances

How would you rate 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?

The following pages contain space to capture your thoughts. Remember that this is still a reflection of where you have been at this point.

PATH TO PURPOSE

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

What went well?

What habits or circumstances contributed to it going well?

What didn't go well or could be improved?

What barriers or circumstances hindered success here?

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

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

What went well?

What habits or circumstances contributed to it going well?

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HEALTH: eating, drinking, sleeping, exercise habits, wellness

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HOBBIES/FUN: interests, books, travel, hobbies, dreams, learning

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VOCATION: job, projects, personal development, finances

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GRATITUDE

“Rejoice always, pray without ceasing, give thanks in all circumstances;
for this is the will of God in Christ Jesus for you.”

1 Thessalonians 5:16-18

The Bible tells us to rejoice always and give thanks in all circumstances. Countless research studies have also shown the benefits of practicing daily gratitude. Consider taking time to speak and/or write out a few things you are grateful for each day.

Before we move into goal setting, let's take time for gratitude...both in the looking back and the looking forward.

As I reflect on the past several months or years, I am grateful for:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

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Did you know that Jesus often gave thanks BEFORE the miracles? We can do the same.

As I look forward toward what is to come, I am grateful for:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Notes: