

EXPLORE YOUR GOALS

The purpose of this training is Basics of Goal Setting and Accomplishing your Goals.

Joseph Joubert: "Imagination is the eye of the soul."

LOCKE AND LATHAM'S FIVE PRINCIPLES OF GOAL SETTING

A goal must be specific and clear
A goal must challenge
A goal must have buy in
Keep the goal on track
Realistic Timescales, bring down the process into sub-goals.

PHILIPPIANS 3:12-16 (The Message) FOCUSED ON THE GOAL

12 I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me.

13 Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus.

14 I'm off and running, and I'm not turning back.

15 So let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision—you'll see it yet!

16 Now that we're on the right track, let's stay on it.

EXPLORE: Alignment to your Future

Psalms 16:9, The heart of a man plans his way, but the Lord establishes his steps.

Clarity, Challenging, Commitment, Feedback, Task Complexity

EXPLORE

Go someplace you've never gone before... travel in or through (unfamiliar country) in order to learn about or to achieve a goal/destination

This is what Moses shares with us: Step out in Faith. Live in the faith zone and not the comfort zone.

- **We do not _____ leave the safe zone.**
- **_____ begins when you leave the safe zone**
- **The safe zones rob us of our greatest _____ and _____.**

Naturally, Growth, Moments, Memories

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"Twenty years now you will be more disappointed by the risks you didn't take than by the ones you did. from So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. EXPLORE. Dream.



What is your comfort zone?
Name it

What keeps you in your comfort zone?
Who keeps you from stepping out?

What fears do you face stepping out of your comfort zone?

God also tells us in II Timothy 1:7 NKJV, **For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

Philippians 4:6-7 NKJV, Paul commands us to, **"Be anxious for nothing but let our requests be known to God in prayer and His peace will guard our hearts and minds** For God has not given us a spirit of fear, but of power and of love and of a sound mind.

How does it feel stepping out?

Describe how you feel in the adventure zone?

X AXIS

Where are you now?

GOAL SETTING TIP:

WRITE DOWN YOUR GOALS:

MICHAEL HYATT

BECAUSE IT WILL FORCE YOU TO _____ WHAT YOU WANT

BECAUSE IT WILL _____ YOU TO ACTION

Clarify, Motivate

EXPLORE YOUR GOALS

Where do you want to go? _____



- 1.
- 2.
- 3.
- 4.
- 5.

PASSION

Passion Questions

What brings a tear to your eyes?
What puts a smile on your face?
What do you dream about?

GOAL ACHIEVING TIP

KEEP YOUR FOCUS ON YOUR DREAM, YOUR GOAL

6th Grade. Mrs. Webb

"Don't let _____ steal your _____!"

J.C. Penney, Give me a stock clerk with a goal, and I will give you a man who will make history. Give me a man without a goal, and I will give you a stock clerk.

ONE THING

Those who win are those who keep their eyes on the goal and let nothing distract them.

Anyone, Dreams

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JIM COLLINS, GOOD AND GREAT,

"In his famous essay "The Hedgehog and the Fox;" Isaiah Berlin divided the world into hedgehogs and foxes, based upon the ancient Greek parable:

"The fox knows many things, but the hedgehog knows one big thing." Hedgehogs see what is essential and ignores the rest.

LIMITATIONS

Hebrews 12:1-2 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

IT IS NOT THE MOUNTAIN WE CONQUER BUT _____.

RID YOURSELF OF EXCESS BAGGAGE

1. THROW OFF _____
SELF

Joseph Joubert (1754-1824) ...burdened with the unbearable weight of ourselves.

What self-limiting belief do you need to address in order to accomplish the goal?

Limiting beliefs are those which _____ us in some way.

**WARNING: One's mind, once stretched by a new idea, never regains its original dimensions.
– Oliver Wendell Holmes Sr.**

OPPORTUNITY

Opportunity literally means "toward the _____."

To be aware of opportunity and to move toward our goals takes preparation.

TO STEP INTO OPPORTUNITY, WE MUST CHANGE OURSELVES

What would you most like to change about yourself?

Ourselves, Hindrances, Constrain, port

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What you get by achieving your goals is not as important as what you become by achieving your goals.

– Michelangelo Buonarroti, Renaissance artist

What are your plans for spiritual and mental growth?

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a NEW CREATION.

The old has passed away; behold the new has come.

GOAL ACHIEVING TIP

IF YOU WANT TO ACHIEVE YOUR SPIRITUAL GOALS OR ANY GOAL YOU MUST CHANGE TO BECOME WHAT IS NEEDED TO MEET THE GOAL

Paul gives a simple daily process

@ Ephesians 4:22-24 ESV

22. ...**PUT OFF THE OLD SELF**, which belongs to your former manner of life and is corrupt through deceitful desires,

QUIT GOIN _____ TO THE OLD

23 **AND TO BE RENEWED IN THE SPIRIT OF YOUR MINDS,**

THE BATTLE IS THE _____

24 **AND TO PUT ON THE NEW SELF**, created after the likeness of God in true righteousness and holiness.

WALK _____ IN THE NEW YOU

We all have the capacity to make a difference in our world, but it begins when we focus on changing ourselves.

GOAL SETTING TIP:

If you require to know how to do it, WILL YOU GOAL _____ YOU?

What is keeping you from becoming the person you need to be to accomplish your goals?

WISDOM INSIGHT:

When we set goals that are bringing glory to God, our professional goals can do this, we find God's help in _____ the goals as we keep our minds upon Him.

Proverbs 2: Solomon writing of finding wisdom, vs 7, "He grants a treasure of common sense to the honest, he is a shield to those who walk in integrity." Vs 11, "Wise choices will watch over you. Understanding will keep you safe." (Read all of Proverbs 2 and gain awareness of wisdom)

Back, Mind, Forward, Inspire, Achieving

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RELATIONSHIPS

Who do you need to go with you on the journey?

Who will mentor you?

Who will coach you?

Who is hindering you from taking the journey?

EXPERIENCE

What experiences do you need to incorporate to make this happen?



RULE OF FIVE

- 1.
- 2.
- 3.
- 4.
- 5.

What do you need to stop doing?

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DEBRIEF QUESTIONS:

1. How do I feel about this?
2. Will this bear the weight of time, opinions, thought and adversity?
3. Does this connect heart and mind?
"It will not work till you do."
4. What habit will aid me to reach my goals?
What do I need to change?
5. What is my focus word? _____

SWOT ANALYSIS:

Love the Lord your God with all your **heart, mind, soul, strength.**

STRENGTHS: Positive Internal Factor	WEAKNESSES: Negative Internal Factor
OPPORTUNITY: Positive External Factor	THREATS: Negative External Factor

END:

Paul said he was "straining toward the mark...pressing toward the goal."

Old Nursery Rhyme:

"See-saw, sacra down,
Which is the way to London Town?
One foot up and the other down.

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NOTES: