reflection and planning

"Teach us to number our days…" Ps. 90:12

*A **guide** to a personal retreat, taking time alone with God to consider your life and hear from Him; this may also be done with a few others over a morning or a day to draw each other out.*

Be creative as you look back and look forward for closer connection with your Creator and better impact with your life!

Read Psalm 90

1. As you look over last year's calendar events or journal what were some highlights of the year?
   - Gather those in praise and thanks!
   - Things learned from the highs? Note ideas to take into the New Year.

Photo courtesy of Danielle Bergen

"If you don't declare your [plan] by calendaring what's important to you, others will try to fit you into their agenda."

M. Forleo

2. What were some low points?
   - What about them made them difficult?
   - Write down some lessons from those times and leave it, let it go. (What are things you want to leave so the new year is not shadowed by last year? Can you lay them down; exchange them for what God offers - Isaiah 61:3)

"It's better to create something that others criticize than to create nothing and criticize others."
Lecrae

3. What needs to be eliminated from your life because it is hindering you? (Heb. 12:1) For healthy margin, what could be eliminated from your life (even if it's something good)?

4. How would you describe your "best contribution" (your stewardship; who God created you to be) as far you understand it at this point in life?

5. What responsibilities do you have now that align with your best contribution? ...that don't align?

6. What in your life now brings you the most fulfillment?

Joy of the Lord => Strength

7. What is one goal in your personal life you want to prioritize for this next year?

(Think carefully over your life…what would you like to change? Eg: Time management? Mindset? More time in prayer? Strength exercises? Better reactions? Etc.)

Write it down!

Break that down into actions steps for the next month. Who can you discuss this with to make the goals SMART? (Specific, measurable, achievable, relevant, time-bound)

"It's all because of this: We've tasted love, tasted hope, tasted holiness…." Mercy Me.

www.soulfit.us

8. What is one goal in your ministry/professional/family life you want to prioritize for this next year?

(Eg: pursuing relationship with those I oversee; more connection with kids, clearer communication in writing, speaking; taking a seminar, getting a mentor or coach for something.)

Write it down!

Break that down into actions steps for the next month. Who can you discuss this with to make the goals SMART?

9. What kind of support do you need for revisiting and evaluating these intentions?

Jacqueline Scott MA
Life Coach ACC