BREAKTHROUGH
Goal Setting

Do I want a NEW year or just <u>ANOTHER</u> year?

1. In your life, what IS working?

2. In your life, what IS NOT working?

3. What do you want to bring into 2026?

4. What do you want to leave behind?

5. Is the way I'm living my life right now aligned with my values? Before you answer, are you living a life that you feel called to live and designed to live in a vision important to fulfill? If that's a no, who and where am I giving my yes when in fact, it needs to be retracted?

6. Who and what in my life is taking me closer to living the life I feel inspired and destined to live?

7. Who and what is pulling me further away from that direction?

8. What do you most want to be different about your life in 2026?

9. What must you first change about yourself?

10. Considering everything that has been said before this from the importance of Connection, the right tools, tracking accountability, decisiveness...what's the smallest first step you can take?

11. When will you take that step?

ACTION PLAN: the REVIEW is critical. To KNOW where you are and to START from an honest place!

STEP ONE: Go through your camera roll and 2025 calendar simultaneously. Do an inventory January-December. Write out each month with space in between Jan-Dec and make notes.

STEP TWO: What were the highlights? What left you feeling joyful and hopeful? What lit you up and made you feel purposeful? What pictures are missing? What did not happen? As you look at the year in review, **what were your priorities and values regardless of what you say?** Spend adequate time here to gain TRUTH and INSIGHTS you can build everything else on.

STEP THREE: On another page, I created these categories (reflective of MY year) and then went back month by month to see which choice is filled which categories –these were the categories I came up

with. Yours may be very different (Events, Experiences, travel, purposeful work, health, money, growth – learning, ministry, homelife, joy box, love language) Continue with the reflection. Ask God to guide you as HONESTLY and transparently as possible.

What's missing? As you consider, what's missing, let this be an opportunity to contemplate and design a new master plan for the new year, reflecting the priorities you speak.

LAST YEAR, What did I Accomplish, where did I grow, what am I satisfied/gratified about?

What was your word or phrase for 2025 – did you live in it?

Where did I NOT DO, accomplish, become or even ignore/forgot what I said LAST YEAR [review last year's journal(s)] and written goals. Black and white, no shame!

Ask God to remind you and answer from your first impression. What do I know I need to stop? What do I know I need to start?

Work with tools and tracking that go the distance – 90 Day Planner, Breakthrough Goalsetting Workbook [a deeper dive], Prayer Journal – Tracking Tools. Are you set up differently and for greater focus?

What is the equivalent of the 70 pounds from the cinder block you need to lay down?

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Notice who influences you – apps, social media sites, news, outlets, podcasts, voices, friendships. The voice in your head matters. Be aware of who's voice is in your head. What do you need to leave and who do you need to 'break up with'?

Under the Academy content of health, habits, heart for Jesus, leadership…
where do you want to grow?

Are you taking advantage of the connectivity available to you in the Academy?

What are your current "rules of life "? You're living by some rules! Are they serving you well?

What new rules of life would you like to establish and live by this year? Rule vs. goal (explain). "Phone management" (boundaries around my use of tech) doesn't require a goal- it requires some RULES. 'Earn more' does demand a goal established, broken down, timeline.

USE what you discover to set up the front of your 90 DAY planner, Prayer Journal, and then Goal Poster / other visuals… reminders to turn the corner of NEW!