

**Week 2**

**Spiritual Growth (2)**

**Identifying Goals**

To help with the process of identifying spiritual growth goals we have assembled three different self-reflection tools. Use these tools to identify specific growth areas and specific growth goals. We will look at two of the tools this week and the third next week.

**Tool #1 – Whole Life View**

**Step 1** - Think about each of the following categories of your life and give each one a rating from 1 to 5, where 5=great shape and 1=needs attention.

Life Area	Rating
Work	1 2 3 4 5
Church / Ministry	1 2 3 4 5
Spiritual Life	1 2 3 4 5
Personal Development	1 2 3 4 5
Physical Stewardship	1 2 3 4 5
Hobbies / Recreation	1 2 3 4 5
Financial Stewardship	1 2 3 4 5
Family & Children	1 2 3 4 5
Marriage / Relationships	1 2 3 4 5
Pace of Life	1 2 3 4 5

**Step 2** – Look at the areas that have low ratings. Ask yourself these questions:

- Which of these areas do you want to focus on and improve this year?
- What changes do you want to make?
- At the end of the year, how would I like these areas to be different?

**Step 3** – Make of list of the most important changes / goals you want to make. Make them as specific as possible, such as “I want to lose 10 pounds by March 1<sup>st</sup>” or “I want to compliment my spouse once/day.”

**My Tentative Goals**

**Week 2**

**Jan 10-16**

<b>Sun</b>	<i>What specific action can you do this week related to your growth goals?</i>			<b>10</b>
Will Flick				
<b>Mon</b>	Gen 10	Mark 6	Psa 6	<b>11</b>
Virginia Cathey				
<b>Tue</b>	Gen 11,12	Mark 7	Psa 7	<b>12</b>
<b>Wed</b>	Gen 13,14	Mark 8	Psa 8	<b>13</b>
<b>Thr</b>	Gen 15,16	Mark 9	Psa 9	<b>14</b>
<b>Fri</b>	Gen 17,18	Mark 10	Psa 10	<b>15</b>
Melanie Shaffer				
<b>Sat</b>				<b>16</b>