

Week 15 Goals Checkup

Begin this week by writing your three top priority growth goals in the space below.

1.

2.

3.

If you set spiritual growth goals during weeks 1-6, you have been working on those specific changes for approximately eight weeks. By this time, some people have made great strides and will be experiencing renewed confidence and encouragement in their faith. Others are experiencing frustration because of their lack of progress. Still others, will be saying, "I have forgotten all about those goals." How we deal with each of these situations plays an important role in our Spiritual growth.

If you're feeling energized and encouraged by your progress – Great! Continue to remain focused and don't assume that what feels like a solid habit is permanent. Change takes practice and hard work. Stay focused.

If you're feeling frustrated by your lack of progress – Remember frustration often comes when we feel like we "should be" something that we are not. Instead of defeating yourself, focus on learning from the situation. Ask yourself these questions:

- What has hindered my progress?
- How can I avoid the same hindrances in the future?
- What are my motives for growth?

Above all, remember that growth is hard. Focus on one goal at a time and recommit yourself to the process.

If you've totally forgotten about your goals – go back and review your list and ask yourself these questions:

- What were my thoughts at the time I wrote these goals? How did I arrive at these particular goals?
- Which of these goals is most important to me?
- What is the first thing I can do beginning today to make progress on my most important goal?

Recommit yourself to the process and look forward to the changes and growth.

Week 15

Apr 11-17

Sun	<i>What specific action can you do this week related to your growth goals?</i>			11
Hebrews (2)				
Mon	Num 19,20	Luke 6	Psa 71	12
Tue	Num 21	Luke 7	Psa 72	13
Wed	Num 22	Luke 8	Psa 73	14
Thr	Num 23,24	Luke 9	Psa 74	15
Fri	Num 25	Luke 10	Psa 75	16
Sat				17