



# PEOPLE WHO HAVE HELPED ME CULTIVATE WHAT MATTERS

*1. Write your list*


*2. Thank them!*



# 2019

## MY INTENTIONAL YEAR LIST

**READY FOR AN INTENTIONAL FRESH START?** A little forethought goes a long way. Saying no to one thing opens up space in your life to say yes to something better. We can't do it all, and do it well, but we can choose to cultivate what matters. Write out what you are saying **YES** and **NO** to in the year ahead.

I AM SAYING **NO** TO:

I AM SAYING **YES** TO:

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ENCOURAGING WORDS FOR THE SEASON:

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# ULTIMATE GOAL-SETTING CHECKLIST

**GOAL:**



**WILL THIS GOAL HELP ME CULTIVATE WHAT MATTERS?**



**WILL THIS GOAL HELP ME GET WHERE I WANT TO BE WHEN I'M 80?**



**WILL THIS GOAL HELP OTHER PEOPLE?**



**WHY DO I WANT TO MAKE THIS GOAL HAPPEN?**



**AM I DESIRING THIS GOAL FOR THE RIGHT REASONS?**



**IS THIS GOAL WORTH THE TIME IT WILL TAKE TO MAKE PROGRESS ON IT?**

**NOTES:**

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# FAITH-FUELED GOAL SETTING

**GOAL:**



**DOES THIS GOAL HELP DRAW ME  
AND OTHERS CLOSER TO GOD?**



**DOES THIS GOAL HELP ME STEWARD  
WHAT I'VE BEEN GIVEN WELL?**

**IS THIS GOAL ROOTED IN GOD'S TRUTH?** Find scriptures to support your goal!

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**PRAY OVER THIS GOAL!** List here how you want to pray for this goal throughout the year.

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