



## GOAL SETTING CHECKLIST

Sadly, most of us set goals and never achieve them. Here's why:

**1. Your goals are not in line with God's best for you**

*"When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." James 4:3*

**2. You are subconsciously programmed to fail**

*"Search me, God, and know my heart; test me and know my anxious thoughts". Psalm 139:23 NIV*

**3. You don't have a clear plan or vision**

*"Write the vision; make it plain on tables, so he may run who reads it"- Habakuk 2:2*

As a VIP member, we will set our long term and short term goals together set you us to succeed.

Read and print out this checklist below and together we will create your goals that will bring you into alignment with who God says you are.

<b>S</b>	<b>Specific</b> Is your goal well defined? Your goal to be specific, they should to line up with the Word of God and they should have the right motive.
<b>M</b>	<b>Measurable</b> Can you tangibly show how you will meet the goal? Your goals should be able to identify how much, how often, how long, how many and how you will know when it's completed.
<b>A</b>	<b>Attainable</b> Get real about what is and is not possible. There are certain things about yourself that you may not ever be able to change no matter how hard you try. God will show you what is possible for you. Ask Him to show you how much you should weigh.
<b>R</b>	<b>Realistic and Relevant</b> Are your goals in line with your Christian values and based on something that is possible based on your current lifestyle?
<b>T</b>	<b>Time-constrained</b> What is the date that I expect to achieve my goal? Your goals should have a start date and an end date.