

**STEP TWO: APPLYING BASIC PRINCIPLES
OF BOUNDARIES**

Worksheet: Creating goals

This could very well be one of the most important worksheets you do in the entire course so take your time, go back to it and readjust as needed and don't be afraid to dream big!

Things to remember when making your goals:

- We will not make more than five goals.
- The goals are for specific periods of time and in order of importance.
- They should be as *detailed as possible* but also know when you make them that God could come in and change the whole thing in an instant! That's a good time to reassess and make new goals, not abandoning motivation and goal-setting.
- The goals should have an action in them. **If there's no verb in your goal, it's not a goal it's a wish.**
- This worksheet is not about HOW you will accomplish your goal. This is about setting up the goal and determining where you want to go. We will define HOW in the next two lessons.
- Include the date. Add that goal to the date on your phone's Calendar and if you're able to, set an alarm (notify one month before, two weeks before, etc.). You could also write reminders in your calendar leading up to the goal (ex. one more month to lose 8lbs!).
- You don't have to tell a soul you're doing this.
- **You may need some extra paper!**

Question 1. Name all the activities you can think of that make you feel happy, peaceful and most like yourself.

Question 2. Name no more than fifteen activities you dislike doing, don't feel like you and steal your peace.

Question 3. Name five to ten things you wanted to do, have or be as a "grown up" when you were younger.

Question 4. Name no more than fifteen things you dislike about yourself.

Question 5. Name all the reasons you can think of why you like yourself.

Question 5. Name all the reasons you can think of why you like yourself.

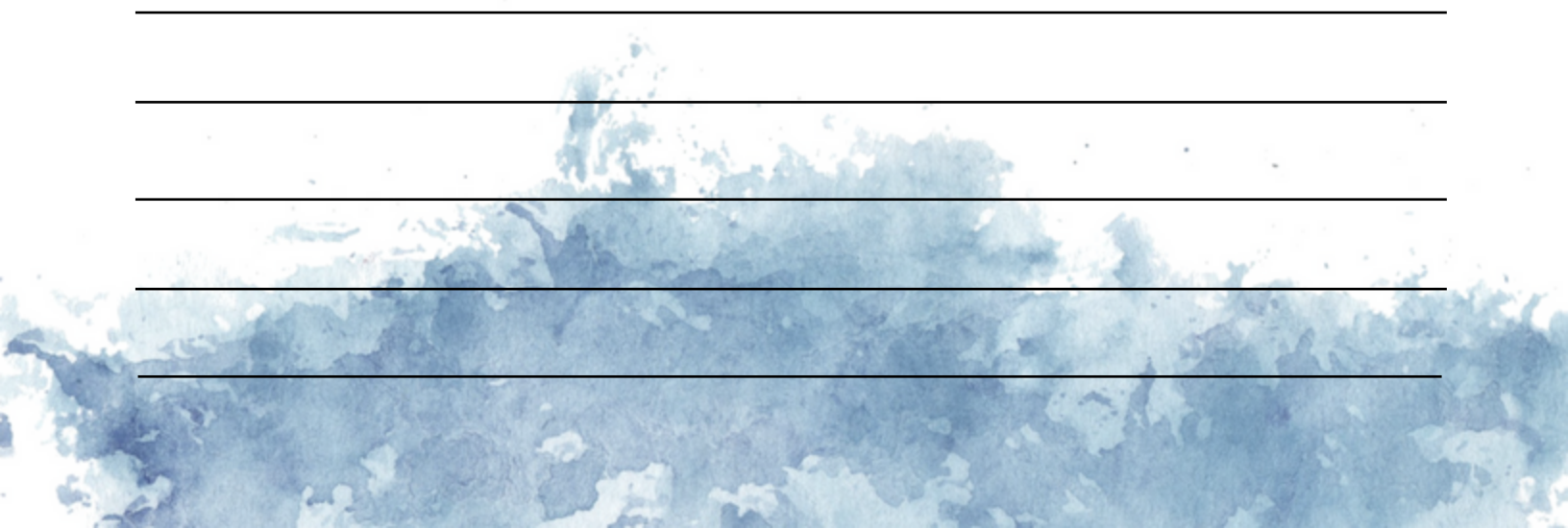
Question 6. Write down what your “perfect day” looks like. Is it sunny? What time do you wake up? What are you wearing? Eating? Drinking? Be as specific as possible.

Question 7. Name five to ten changes you would need to make in your life to make that “perfect day” possible.

Question 8. Let’s summarize and pick out the most important answers you said above by writing the top five below:

- Five activities that make you feel the most happy.
- Five things you wanted to do, have or be as a grown up when you were younger.
- Five things you really like about yourself.
- Five changes you need to make in your life for your “perfect day” to be a reality.

Question 9. Looking at only the above answers, I want you to make five goals for positive change in your life. Remember what you're good at, what you dreamed of, what your best day looks like and what makes you feel the most like yourself. I won't give you a time frame, they could be small goals you accomplish in the next few months or longer goals that you'll work on for the next few years. Today, you don't have to define the time-frame, we'll do that in the next lesson!



Question 10. Time to summarize your goals into a kick-butt mission statement to keep you motivated! Please go back and change this as you need. A personal mission statement can take time to really cultivate but I want you to get thinking about your life and what you want out of it.

Ex. I have committed my life as the daughter of Christ to encouraging others to live a light-filled, hope-bound existence in the midst of all darkness. I will be an example of this victory over evil by choosing to use positive words, teaching my children how to have a relationship with our Father in heaven and loving my husband without prejudice. I will diligently and selflessly work to grow my ministry far beyond my own capacity by equipping leaders in the Christian community to assume responsibility and raising them up to fulfill the calling God has on their lives.
