




Calvary's Gifts Discovery and Coaching Ministry

Session 6: Setting Goals



Prayer

Holy Spirit, Open my heart and my mind to what you want to do in my life. Teach me, change me, use me. Amen.

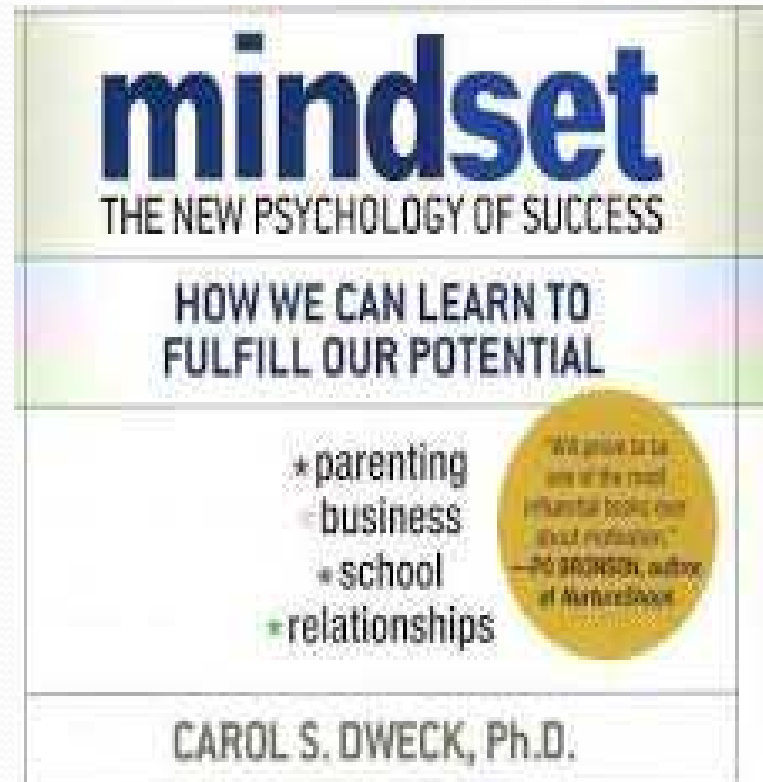
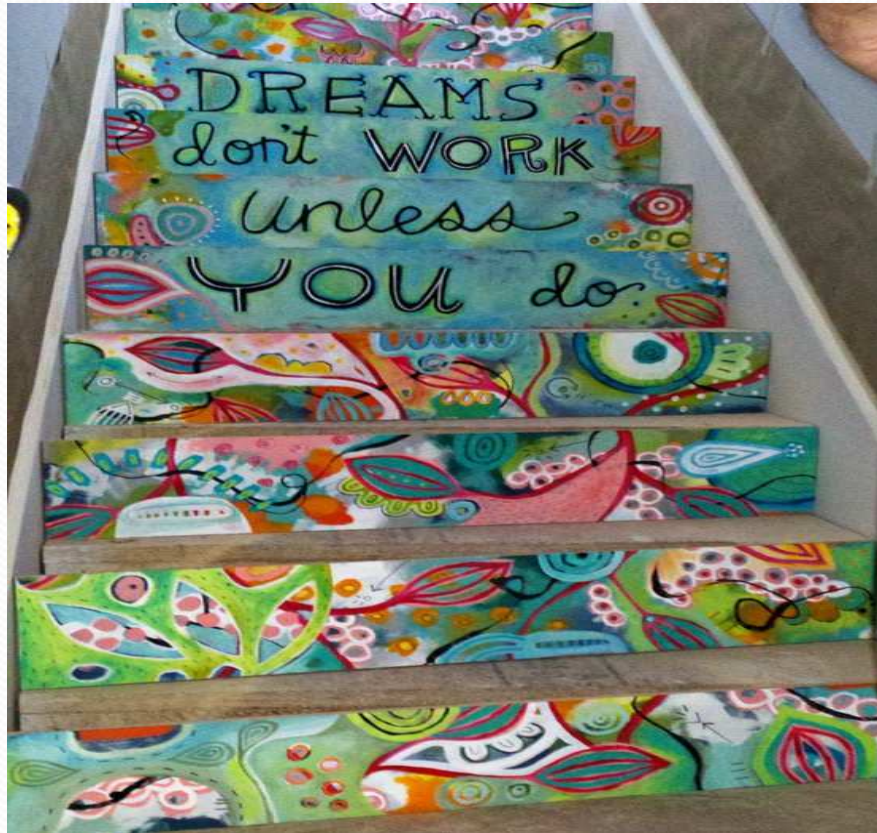


Goals

- the proactive, personally responsible behaviors we take to live out our mission on a daily basis.

1. After you write your mission, set 3-5 goals.
2. You can also take a goal and dig deeper into how it will clarify your mission.
3. Add scripture that inspires you to each goal and memorize.

Growth Mindset & Grit



Comfort Zone Stretch, Risk, Dive



Setting UP! SMART Goals

- UNCOVER
values, feelings and
needs (Why)
- PROCESS
focus and praise (HOW)





UP! SMART Goals

UP! Uncover & Process

S - Specific

M - Measureable

A - Actionable & Accountable

R - Realistic

T - Timeframe



Mission

(what): to live a Christ-centered life (why): faith, service, love for others

1. Select a daily action (how): to spend time daily studying God's word and in prayer.
2. Make it UP! SMART: I am willing to spend 30 minutes per day (either at 9 a.m. or 9 p.m.) in prayer and completing my Bible study.



Visual Exercise

1. Create a Mission Statement and Goal Collage.
2. Attach pictures and words from magazines or other sources that will help motivate you to live out your God-inspired mission and goals.
3. Add scripture that inspires you and bring the collage to our final class to share.