Take a moment to prayerfully reflect upon the past year. As you look through calendars, planners, and social media posts, what 3 things did you spend the most time doing? What were your biggest accomplishments? What were your greatest trials? If you could have added a positive habit into these past months what would it have been? Rejoice as you consider the challenges you overcame and the growth that you made.

Set some goals for the upcoming year. Each should originate from a different area of your life. For example, your goals might come from the physical, emotional, mental, spiritual, financial, and family related areas in need of growth. Before committing to that goal, make sure it is SMART.

S-Specific (Avoid vague or general statements such as "I am going to be healthier.)

M-Measurable (You can measure your progress or results in some way.)

A-Attainable (Be realistic.)

R-Relevant (Is this important to your life? To you?)

T-Time-bound (You intend on reaching your goal by a certain date.)

My goals List as many goals as you can. We will pick 3 on the next page.

In 2017 I will	
This is important to me because	
I will reach my goal by	
In 2017 I will	. — . — . — .
This is important to me because	
I will reach my goal by	
In 2017 I will	
This is important to me because	·
I will reach my goal by	(<u>date</u>)•