

Christians in Recovery® Worksheet for Achieving Goals

Instructions:

To get the maximum benefit from these worksheets it is important to:

1. Be in a quiet place where you will not be disturbed and you feel comfortable as well as safe.
2. Pray before you begin each time. Ask God for guidance, wisdom and discernment.
3. Keep your Bible and a concordance handy for reference.
4. If you get stuck on any one issue, move ahead and come back to it later.
5. You may want to keep this by your bedside to make notes if you wake up in the middle of the night with an inspiration or thought.
6. Use a pencil as you write (you may want to change things—and do not be afraid to do so!).
7. Use your imagination! Shoot for the moon. Allow yourself to dream. Remember that
“ With men it is impossible,
but not with God:
for with God all things are possible.”
Mark 10:27
7. When you work on your goals. Start with the annual goals and then work back to how you can achieve them with your monthly goals. Then work on how you can achieve your monthly goals with your daily goals.

May the LORD richly bless you as you work on these pages.

Christians in Recovery® Worksheet for Achieving Goals

BELIEFS

Old Beliefs (that need changing)

New Beliefs (that I wish to cultivate)

VALUES

New Values that I wish to embrace

Steps I can take to achieve this

Old Values I Wish to Reject

Steps I can take to achieve this

EMOTIONS & THOUGHTS

My Negative Emotions & Thoughts

How should I deal with this?

My Positive Emotions & Thoughts

How can I reinforce or build on this?

FEELINGS

What makes me feel:

Is this appropriate?

Do I need to change this?

Successful

Loved

Confident

Happy

Fulfilled

Connected to God

MY DAILY GOALS _____

(Today's Date)

My Goals for this Day:

Actions I need to take to realize this Goal

Personal

Career

Relationships

Spiritual

Financial

Health

Emotions

Fun & Enjoyment

MY MONTHLY GOALS FOR _____

(Month & Year)

My Goals for this Month

Actions I need to take to realize this Goal

Personal

Career

Relationships

Spiritual

Financial

Health

Emotions

Fun & Enjoyment

MY YEARLY GOALS FOR _____

(Year)

My Goals for this Year:

Actions I need to take to realize this Goal

Personal

Career

Relationships

Spiritual

Financial

Health

Emotions

Fun & Enjoyment