

# NEW YEAR GOAL SETTING

## ACTION GUIDE

### REFLECTIONS ON PAST YEAR

1. What are you most proud of this year?
2. If there were a newspaper headline describing this past year for you, what would it say?
3. What unfinished business did you want to resolve before the year's end, and when will you do it?
4. When were you most excited about life this past year? What were you doing? Who were you with?
5. Looking back, what would you have done differently in 2019?
6. What new dream for yourself did you achieve?
7. Where did you let fear hold you back from a goal you had?
8. What was boring to you this year that you hope to change for next year?
9. What new and inspiring people did you meet in the last year? Who do you want to get closer with in the year to come? Remember you are the average of the five people you spend most time with. Choose wisely!

### LIST 1-3 GOALS FOR EACH ARES OF THE THRIVE 5.

*Note: Make sure each goal has a quantifiable outcome and is specific.*

Faith  
Family  
Fitness  
Finance  
Fun

### LIST HABITS THAT WILL MAKE EACH GOAL A REALITY.

### LIST A DEEP REASON OR WHY FOR EACH GOAL.

### WRITE I AM STATEMENTS FOR EACH GOAL.