



# MY 2022 ACTION PLAN

## S.M.A.R.T. start to the New Year!

Whoever said, "Procrastination is the thief of time," was right. We keep postponing, promising ourselves we'll do better. Be honest, how many of last year's resolutions did you keep? This year do things differently. Make your goals **S.M.A.R.T.** In other words, make them:

**(S)pecific:** Get up earlier in order to read your Bible and pray before going to work. Make time for your family. Exercise. Eat right. Take care of your body; it's God's temple (See I Corinthians 6:19-20).

**(M)oderate:** Tackling more than one project at a time dilutes your focus and makes it harder to stick with. When you start too much you finish too little. Start small and build on your successes by mastering and maintaining one thing at a time (See Philippians 3:13).

**(A)chievable:** Don't try to swallow the whole elephant in one bite. Baby steps are the name of the game. Talk in terms of what you *will* do instead of what you *won't*. For example, instead of saying, "I'm not going to be so critical," say, "Today I'm going to look for something good in everybody I meet" (See Philippians 4:8).

**(R)ecordable:** You can't manage what you can't measure. Documenting your progress (or lack of it!) makes you accountable, shows how far you've come and what you need to work on.

**(T)ime-specific:** Review your goals weekly (or daily if you're struggling). That way you can trouble-shoot early, and change direction when necessary. The Bible says, "Throw yourself into your tasks so... everyone will see your progress" (1Timothy 4:15 NLT). Come on, make up your mind, get up off the couch and go for it!

### My Spiritual Growth Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Financial Goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Personal Growth/Plan Goals: (Social, Education, Vocational, Physical etc...)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_