

GOALS FOR THE NEW YEAR:

Pastor Gary Glenney

1. **Spiritual** - for the soul:
Attend church and Bible class, read and study the Bible, memorize scripture, witness. (Psa. 119:11; Col. 3:16; 2 Tim. 2:15; 3:16; Heb.4:12; 10:25)
2. **Intellectual** - for the mind:
Reading, schooling, studying, learning new things, teaching others. (Prov. 1:5, 8; 2 Tim. 2:2)
3. **Physical** - for the body:
Exercise, have a routine, be consistent, have a trainer, maintain proper bodyweight, have a training partner. (1 Cor. 9:24-27; 1 Tim. 4:8)
4. **Career** - for life's work:
Get a job, have a profession, get professional training, plan for retirement, love what you do. (1 Cor. 3:8-15, Eph. 6:7; Col. 3:23, 24)
5. **Financial** - provisions for life:
Have an income, make a budget, be a giver, be a saver, spend wisely, make sound investments, have a financial adviser. (Matt.25:15-29; Luke 19:12-26)
- 6 **Social** - develop relationships:
Love others, communicate, speak truthfully, be a good listener, edify others, be a helper, be forgiving, be a volunteer. (Levit. 19:18; Matt. 6:12, 14; 19:19; Rom. 13:9, 10; 14:19; 15:2)
7. **Nutritional** - nourishment:
Drink lots of water, eat fruits and vegetables, beans and berries, seeds and nuts, lean meats, protein. (Gen. 2:9; 9:3; Dan. 1:12-17)

A PLAN OF ACTION:

1. Make goals **specific** and **attainable**.
2. Make goals **measurable**.
3. Set **time limits** – short term and long term.
4. Put goals **in writing**.
5. **Start**; do it!