



## ANNUAL GOAL SETTING

### SEEKING GOD'S WILL FOR OUR NEW YEAR GOALS

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#### 21 DAYS OF PRAYER & FASTING

- Pastor Chris would love to invite you as an individual and as a church to join Church of the Highlands for *21 Days of Prayer and Fasting* from January 7th to 27th.
- Before this begins, take the next week to consider the type of fast that you will do, and then commit to it through these 21 days.
- During this time let's all ramp up our spiritual life by increasing our prayer life, Bible reading life, and worship life, and reducing the secular.
- Learn more about joining in person or virtually in the Episode Resource section below.

"Whenever you add a higher-than-normal level of the spiritual and you lower the secular, powerful things happen." - *Chris Hodges*

#### LISTENER QUESTIONS

- What advice would you have for how leaders can continue to grow and develop?
  - When you are a senior leader, whether that is at work or as a parent, you need models and mentors that are better than you in an area.
    - They can either be a model from afar or a mentor up close.
  - This also means that you can have multiple mentors so that you have one for each area you want to grow in.
- How do you develop and file your message content?
  - We will break down this system later, but the secret for filing is ensuring that you can find it later one day.

#### GOAL SETTING

- Take a couple of days to review your past year and plan your next year.
- 1. Spend time in Prayer and Worship to get the heart of God.
  - Through this time we want to connect with God and seek His will for our lives.
    - John 10:27 – My sheep hear my voice, and I know them, and they follow me.
    - Galatians 5:25 – Since we live by the Spirit, let us keep in step with the Spirit.



- We don't want ambitious goals but we want the mind and heart of God in all things.
    - This should include your marriage, family, finances, work, church, etc.
  - We don't want to just be driven leaders. We want to be leaders led by God.
2. Set health-driven goals.
- Begin with the end in mind, beyond this next year, and even out multiple years.
  - Don't worry about the actual plans at first, but dream about what you want your life to look like. Based on those, determine what's important and break them down.
  - Start by setting annual goals, distilling them into every 6-week goals, and then to daily goals.
    - This helps make your long-term goals tangible and leads to action.
  - An example you can follow for your team is encouraging them to make goals and then asking "What are your 6 goals for the next 6 weeks?"
3. Vet and share your goals.
- It's important to share your goals with people close to you based on the goal area.
    - This is helpful to vet your goals by seeing what they say or how they react.
  - Balance having faith in God for things that seem impossible and being realistic.
  - At the beginning of the year write your goals down in pencil and then see what God speaks to you through 21 Days of Prayer and Fasting.
- Here are some of Pastor Chris's personal goal categories:
    1. Family & Marriage
    2. Highlands College
    3. Church of the Highlands
    4. GrowLeader
    5. Personal Finances
    6. Social
    7. Creativity
    8. Physical
  - For each of these areas, write at least one sentence about why it is important to you.

"You don't want to be driven. You want to be led." - *Chris Hodges*

## IDEAL WEEK

- If you don't know what your "Ideal Week" looks like, most of these things will probably never happen.
- Your ideal week is if you could have it your way, with no interruptions, and nothing out of the ordinary, this would be the perfect week.
- If you don't know what your ideal week looks like, you can start by asking yourself questions like the ones on the next page:



- Ask yourself questions like:
  - When do I wake up in the morning?
  - What is my morning routine?
  - When do I go to work? What do I focus on each day/time? When do I leave work?
  - When do I set aside time for friends and family?
  - What is my evening routine?
  - When do I go to sleep at night?
- Asking yourself questions like this can help, and if you are looking for more helpful tips we highly recommend checking out Full Focus' content on the "Ideal Week" through the link in our Episode Resource section below!

"Teach us to number our days and recognize how few they are;  
help us to spend them as we should." - *Psalm 90:12*

## DISCUSSION QUESTIONS

See the last two pages for Discussion Questions that will help you and your team get the most out of this episode!

## EPISODE RESOURCE

- [21 Days of Prayer](#)
- [Full Focus Planner](#)
- [Full Focus – Ideal Week](#)
- [Monthly Mentoring with Pastor Chris](#)
- [Develop Kingdom Builder / Legacy Teams](#)
- [Previous Episodes + Show Notes](#)
- [Free Church Resources](#)
- [Compassion International](#)
- [The StudioC](#)
- [The Wesleyan Investment Foundation](#)



**DISCUSSION QUESTIONS:**

Keep growing to reach your full potential by asking yourself and your team these questions:

**21 DAYS OF PRAYER & FASTING**

- 1. How will you participate in the 21 Days of Prayer and Fasting and what type of fast are you considering?

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- 2. In what ways will you increase the spiritual from your prayer life, Bible reading, and worship life during these 21 days? How will you reduce the secular?

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**LISTENER QUESTIONS**

- 1. As a leader, how have models and mentors played a role in your growth and do you have specific mentors for different areas of your life?

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- 2. Can you identify specific areas where you'd still like to grow as a leader? Who could you connect with as a mentor or follow as a model?

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**GOAL SETTING**

- 1. Before you plan for the new year, how and when will you seek God's heart and will first?

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- 2. When defining your goals, how can you focus on healthy goals in addition to numeric goals? List at least one health-driven goal and write why it is essential for your overall well-being.

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- 3. Who can you share your goals with? List each goal and the person you will talk to about it.

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**IDEAL WEEK**

- 1. Describe your ideal week with no interruptions and nothing out of the ordinary. How would you spend your time during this perfect week?

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- 2. When thinking through your day, is there a specific time or moment that seems harder to plan for? Listing what the barriers are, and what you can do in advance to reduce or remove them altogether.

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