

# Happy~Healthy~Blessed

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## Making Things Happen Goal Setting



At the end of each year I go to the store and buy a cute new journal that becomes my new gratitude and goal journal for the following year. This journal blesses me so much and it is so fun to look back through all of them through the years and see areas that I am still working on, improved on, succeeded in, or decided to do differently. It also helps me keep a record of what is going on during my life that year and what is most important to me.

There are so many benefits from setting goals I encourage everyone to make setting goals apart of there life. I hope this list of questions bless you as you sit down and evaulate what areas you want to improve on and put focus on.

1. *What healthy character traits would you like to see developed in your life this year?*

2. *What are some skills you would like to develop or grow in?*

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*3. What books would you like to read this year?*

*4. What Bible verses and quotes would you like to memorize?*

*5. What areas do you want to learn and grow in?*

*6. What are some daily choices you can add to your life that will improve your health and wellbeing?*

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*7. In what way would you like to be physically healthier by the end of this year?*

*8. What people do you want to focus on this year with your time and energy? (The people you want to do extra and go a little out of your way for)*

*9. How can you strengthen your marriage this year?*

*10. What are some ways you can romance and encourage your husband this year?*

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*11. What steps do you need to take to make sure your family mealtime is happening?  
How can you make it fun and something that everyone looks forward to?*

*12. What will deliberate, regular family time look like this year?*

*13.) How can you capture a content heart full of gratitude this year no matter what  
life brings your way?*

*14. What are ways you'd like each of your children to grow in the following areas?*

*Spiritual:*

*Emotional:*

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*Physical:*

*Emotional:*

*Relational:*

*Other:*

*15. What are your children's strengths? How will you help them use these well?*

*16. How can you help your child develop a servant's heart this year?*

*17. What are your children's weaknesses? How will you help them overcome these?*

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*18. In what ways can you save more money this year?*

*19. Are you giving regularly? If not, in what way can you give this year?*

*20. How would you like to grow with regards to your friendships & relationships this year?*

*21. What are some ways you can be of service? How can you develop and cultivate a servant's heart?*

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*22. Who are some people in your life that can use some encouragement? What will you do to encourage them this year?*

*23. Who are some people in your life that you admire? What are some practical ways you can positively use their influence in your life?*

*24. Are there any damaging relationships in your life? What will you do this year to make these relationships better?*

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*25. What will you do this year to make better use of your time? What is the order of your priorities? What time wasters can you cut out?*

*26. How will you hold yourself accountable this year in keeping your goals?*

*27. What can you do to not let fears over take you on little or big issues?*

*28. What old habits would you like to dispose of this year? How will you accomplish this?*

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*29. What new habits and behaviors would you like to cultivate? How will you succeed in capturing them?*

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