

✕ Psalm 34:4

✕ James 1:5

✕ Jeremiah 29:11

✕ Ephesians 5:15-16

REFLECT ✕ REFOCUS

✕ Philippians 4:8

✕ Ecclesiastes 3:13

✕ Colossians 1:9-10

20
22

A simplified twist
to goal setting.

REFLECT x REFOCUS

Step 1 - REFLECT - reflect on the last year - good and bad. This is a great opportunity to celebrate the joys, learn from the struggles and embrace it all as part of the journey.

1. **Gratitude** - What better place to start than praising the Lord not just for what He has done but WHO He is. **Lamentations 3:22-24**
2. **Life Giving** - what brought you joy, excitement and fun this last year? A relationship, an experience, a revelation, serving.....? **Romans 15:13**
3. **Obedience** - Where did you choose to walk in obedience even when it was hard to say "yes, Lord". And write how you feel on the other side of that obedience. Were you brave this year? Write it down how. **John 14:23**
4. **Grief** - Some years will feel abundant, others may may have moments and seasons of loss and suffering. Have you lamented and grieved? Consider finances, health, relationships, dreams, people, plans - The Lord wants to sit with you and comfort you - let Him. It is good to grieve our limits, our loss and our sin. **1 Peter 5:10**
5. **Weights** - What were some of the habits, people, idols or sin that distracted or derailed you this year? **Hebrews 12:1**
6. **Fears conquered** - What did you and the Lord conquer this year? Do you have a new freedom and trust in the Lord? **Psalms 34:4**
7. **Wins** - Recall a few things you accomplished this year with and through the Lord - think friendships, health, spiritual, relationship goals, surprise accomplishments you didn't plan for? Don't rush too fast into the new year. Celebrate! **Ecclesiastes 3:13 ESV**
8. **Difference Maker** - this could be a friend, a mentor, a leader or even the little ones in your life. Who has made a difference in your life this year - plan to text or write them and let them know. **Romans 1:11-12**
9. **Unexpected** - Where did God show up in unexpected ways? Did He surprise you this year? Did He answer a prayer not even prayed? Was His answer "no" to a prayer prayed? **James 1:17**
10. **Waiting** - At the end of this year, do you find yourself still waiting on a prayer that is unanswered? Continue to pray boldly and ask His will be done. **Jeremiah 29:11-13**

REFLECT × REFOCUS

STEP 2 - REFOCUS - refocus your dreams, desires and ideas that already exist and reignite your passion to pursue them

- 1. Fears & Lies** - What fear or lie are you carrying with you into 2021. Write it down, share it with a friend. Find scripture to meditate on. Pray the Lord speaks truth over you. Meditating on truth - even when you don't "feel" it is true, can create new neuropathways in our brains! **Philippians 4:8**
- 2. Release** - Pray about what the Lord wants you to get rid of - is it a toxic relationship, a dream you need to let go of, distractions, busyness, expectations, people pleasing? Also remember you can't be "everything to everyone" and you "can't do it all" Is there any area you can simplify - home, schedule, things? Learn to acknowledge and embrace your limits & capacity. **Ecclesiastes 3:5**
- 3. Inspired** - List the things that bring you joy, get you excited, motivate you, make you smile, fire you up, inspire you? Surround yourself with more of these things this year. **Ecclesiastes 3:4**
- 4. Bucket List** - List 5 things you want to do this year? It could be big like a trip or small like a read a book. **Psalms 20:4**
- 5. Discipleship & Service** - Two callings we know exist over our life is to disciple others & serve. Who will you disciple and where will you serve this year? Who are you praying for? Who needs to hear about the hope of Jesus? Who needs you to show up and hold space for them in a season of suffering? **Ephesians 4:11-17**
- 6. Ideas + Dreams** - What ideas keep you up at night - what can you NOT stop thinking about? Even if it sounds crazy. List them out then pray over what the Lord wants you to pursue this year and what he wants you to release. **Ephesians 3:20**
- 7. Growth: Spiritually** - What area would you like to draw nearer to the Lord? Through His Word, prayer, discipline, obedience to the Holy Spirit, rest, an increase in faith? **Colossians 1:9-10**
- 8. Growth: Relationally** - Think of a few friends, a family member or a significant other you want to be more intentional or even more vulnerable with. List the specific ways you want to grow your relationship with them. Let them know you are choosing them to be intentional with this year. **Proverbs 27:17**
- 9. Next Right Things** - Spend a focused amount of time inviting the Lord through prayer (try an hour if you can) Spend this time inviting the Lord to show you "the next right things" to take action on in life, ministry, dreams, business, relationships. Use what you have filled out so far in these worksheets and pray through them - those things will help inform your next right things for 2022. **Proverbs 16:3 ESV**
- 10. 5 things to do by the end of January** - This is where dreamers become doers. Create your action steps for each part of your life for this year to move the "next right things" along. If you have a calendar document steps, time allotted and dates for the action steps for the year by the end of January. Start the year off with measurable action steps. **Proverbs 16:9**



2021 REFLECTION

GRATITUDE

LIFE GIVING

OBEDIENCE

GRIEF

WEIGHTS

FEARS CONQUERED

WINS

DIFFERENCE MAKER

UNEXPECTED

WAITING



2022 REFOCUS

MY
2022
WORD

FEARS & LIES

RELEASE

INSPIRED

BUCKET LIST

DISCIPLESHIP & SERVICE

IDEAS + DREAMS

GROWTH: RELATIONALLY

GROWTH: SPIRITUALLY

NEXT RIGHT THINGS

5 THINGS TO DO (BY THE END OF JANUARY)



REFLECT × REFOCUS



"So then, prepare your hearts and minds for action! Stay alert and fix your hope firmly on the marvelous grace that is coming to you. For when Jesus Christ is unveiled, a greater measure of grace will be released to you. As God's obedient children, never again shape your lives by the desires that you followed when you didn't know better. Instead, shape your lives to become like the Holy One who called you. For Scripture says: "You are to be holy, because I am holy.""

1 Peter 1:13-16 TPT

Lord,

*You are good and kind and faithful. Even in the moments I did not see you this last year, you saw me. You saw my moments of joy and my moments of sadness.
You never left me.*

*I confess the moments I left you. When I did not trust that you are good and in control. When I did not believe that you have and know what is best for me.
I pray I would believe that deeply this year.*

I surrender the things I am waiting for. I pray in the waiting that my hope would not be in this world but only in you.

I surrender the gifts you have given me, that I would steward them in a way that builds your kingdom, not mine. I pray I would steward them faithfully and not selfishly.

I pray I would be obedient with boldness. Whatever you ask, I pray I would say YES, LORD and trust the outcome to you, whatever that may be.

I believe you have prepared good works in advance for me to do. I pray that your dreams for me would become my dreams...for your glory and the good of others.

I pray for a community of dream defenders that would keep pointing me to you, that we would spur one another on to be holy, because you are holy.

amen.