

# My Aspirations

God-Honouring ~ Faith-Requiring ~ Community-Supported

CATEGORY	#	GOAL	MEANS	TIME	HELP	WEEK		
						1	2	3
		<i>I aspire to...</i>	<i>in this way...</i>	<i>within this time...</i>	<i>Help me by...</i>			
Spiritual Health <small>[disciplines, character, service]</small>	1							
	2							
Relational Health <small>[friend time, listening, authenticity]</small>	1							
	2							
Marital Health <small>[pursuit, listening, affirmation, time]</small>	1							
	2							
Family Health <small>[leadership, time, play, affirmation]</small>	1							
	2							
Vocational Health <small>[integrity, time, "as unto the Lord"]</small>	1							
	2							
Financial Health <small>[giving, saving, spending, content]</small>	1							
	2							
Physical Health <small>[exercise, food, rest, sabbath]</small>	1							
	2							

It's about TIME							
WEEKLY TARGETS	MON	TUE	WED	THU	FRI	SAT	SUN
Transfer your goals from "written" to "scheduled".  Check off each completion for 3 consecutive weeks.							

Name: \_\_\_\_\_ Date: \_\_\_\_\_