



Work Sheet to Prepare for Creating a 1-Page Goals Sheet - Step 1

*Remember, the purpose of this worksheet is to get ideas **inside** you to the **outside** onto paper; to prime your pump.*

Think Yourself Onto Paper

ESTABLISH BASICS with 4 concepts:

1. My Approach – _____

2. Perspective – _____

3. Priorities – _____

4. Plan – _____

ASK GOOD QUESTIONS and record your answers.

- What is on my mind these days?

- What is broken that I'd like to fix?

- What do I want to work on?

Alive and Active[™] Life

- What hopes are inside my heart?

- What do I hope to accomplish or change?

- How . . .

- Why . . .

- When . . .

First Steps to Go on Your Goals Sheet

SHORT LIST TO CARRY ONTO YOUR GOALS SHEET

Since I can only focus on a few things _____

- _____
- _____
- _____
- _____
- _____

THEME

Alive and Active[™]

Life

VERSE(S)

PERSPECTIVE

PRAYER
