



"If you aim at nothing, you'll hit it every time." - Anonymous

We grow when we get intentional! Use this tool in your personal life, your marriage, with your teams, etc. Feel free to modify it to better fit how you need to grow. It doesn't take much to live a life of intentionality and meaning. But it does take moments of reflection & recalibration. Supernatural vision for our lives comes through seeing with God's eyes.

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

- Romans 12:2

LOOK BACK: Reflect on THE LAST YEAR

- What was working?
- What wasn't working?
- Where were my "wheels spinning?"
- What am I most proud of this last year?
- Where have I grown the most?

LOOK AROUND: Evaluate each area with a 1 (low) to 5 (high) scale:

1. **Heart** – Do I have a good attitude? Am I trusting God? Am I growing in faith?
2. **Mind** - Do my thoughts bring me closer to God or further away?
3. **Body** – Am I eating right, sleeping well, & exercising often?
4. **Soul** – Am I steady in my devotional habits and growing closer to God?
5. **Sexuality** – Do my sexual practices (or non-practices) reflect eternal Truth?
6. **Family** – Is there peace with my kids and/or extended family? Have I forgiven?
7. **Marriage or Singleness** – Am I cultivating this gift/stage in my life?
8. **Relationships** – Am I developing quality friendships? Am I a selfless friend?
9. **Career** – Am I giving my best and worshipping God through my work ethic?
10. **Ministry** – Am I using my time & talents effectively and making a difference?
11. **Finances** – Am I trusting God with my finances? Am I tithing? Am I generous?
12. **Technology** – Is my use of computer, social media, etc. honoring to God?



LOOK AHEAD

Reflect on your evaluations above. Focus on the areas that you graded yourself a 3 or less. Ask the Holy Spirit to show you some ways you can partner with Him to grow in that area of your life. What is He saying to you concerning this area? Be intentional to write it down (a verse, a thought, a picture in your heart). Listening is critical for reflection. But, obedience is critical for growth. Don't listen and leave it there. Do something about it. **REMEMBER THIS GREAT TRUTH:**

"There is therefore now no condemnation for those who are in Christ Jesus."

- **Romans 8:1**

LOOK AGAIN

What if you took some time each month to reflect on this exercise and answer the questions fresh? How would your life look different? How could the intentionality of reflection and recalibration change the way you live your life? I have found that when I practice these disciplines it also gives God an opportunity to speak into the process. What is God saying through the process of reflection and recalibration? What does He want for me? How does He want to be included? Don't lose heart because you are not in this alone. You have God on your side! **DON'T FORGET THIS PROMISE:**

"The heart of man plans his way, but the LORD establishes his steps."

- **Proverbs 16:9**

GOD IS THE ONE WHO ESTABLISHES OUR STEPS!

