

NEW YEAR. IMPROVED MINDSET.

FIVE FOCUS AREAS:

What categories in your life are you always working to grow and develop? What areas or roles mean the most to you in this season of life? (Ex: Health, Faith, Relationships, Being a Parent, Being a Friend, Job, Education, Finances, Marriage) Write down three positive actions, achievements or ways you grew in each category (no matter how big or small - all growth is a step forward and progress) and just ONE thing that you aspire to develop and grow into next year.

1 FOCUS AREA: _____
ACHIEVEMENT #1: _____
ACHIEVEMENT #2: _____
ACHIEVEMENT #3: _____
2019 GROWTH AREA: _____

2 FOCUS AREA: _____
ACHIEVEMENT #1: _____
ACHIEVEMENT #2: _____
ACHIEVEMENT #3: _____
2019 GROWTH AREA: _____

3 FOCUS AREA: _____
ACHIEVEMENT #1: _____
ACHIEVEMENT #2: _____
ACHIEVEMENT #3: _____
2019 GROWTH AREA: _____

4 FOCUS AREA: _____
ACHIEVEMENT #1: _____
ACHIEVEMENT #2: _____
ACHIEVEMENT #3: _____
2019 GROWTH AREA: _____

5 FOCUS AREA: _____
ACHIEVEMENT #1: _____
ACHIEVEMENT #2: _____
ACHIEVEMENT #3: _____
2019 GROWTH AREA: _____

WORD OF THE YEAR:

What type of feelings do you want to embrace in the new year? What kind of life do you want to lead? What do you need more of in your life? (Ex: Joy, Discipline, Adventure, Success, Self-Care, Fun, Peace, Perseverance, Strength, Self-Control, Kindness)

MY 2019 WORD OF THE YEAR:

SCRIPTURES:

What verse or verses can you meditate on daily to help inspire you to fulfill this mission every single day? Some may be more obvious than others, but I think it's important to connect what we do in our lives with scripture and how God would want us to be and live.

SCRIPTURE:

SCRIPTURE:

APPLICATION TO MY LIFE AND/OR 2019 GROWTH AREAS:
