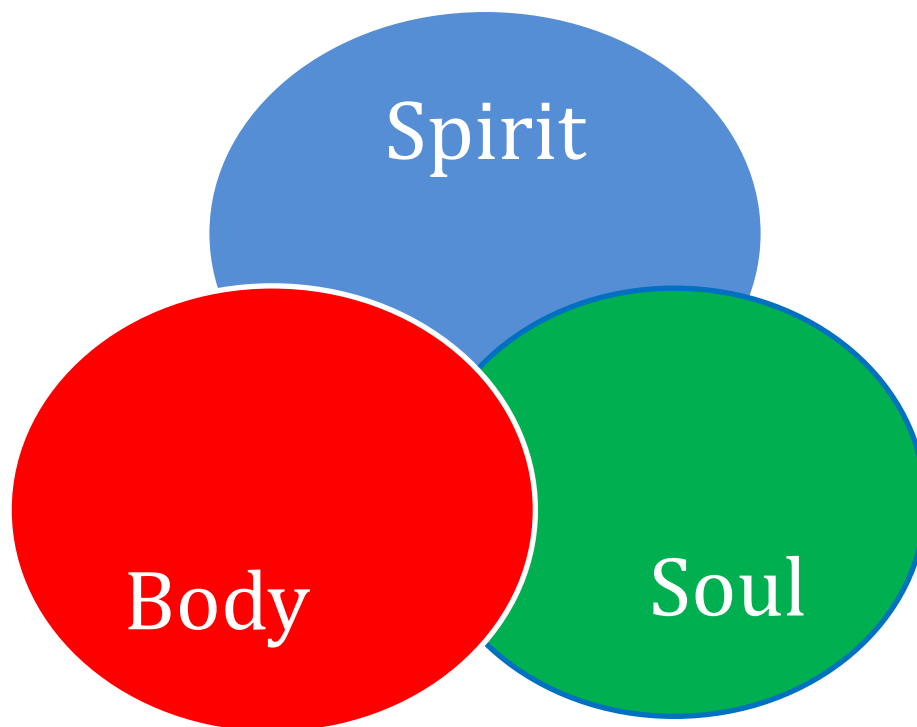


My 2022 Vision/Commitment for Growth

1 Thess 5:23 MSG May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!

Prov 29:18 MSG If people can't see what God is doing, they stumble all over themselves; But when they attend to what he reveals, they are most blessed.

Prov 29:18 AMPC Where there is no vision [no redemptive revelation of God], the people perish; but he who keeps the law [of God, which includes that of man]—blessed (happy, fortunate, and enviable) is he.



INSTRUCTIONS

To succeed in your growth commitments —whether adopting new ones or improving old ones—it can be helpful to track and review your progress. Use this worksheet to think about the commitments you made and the actions you can take toward achieving those goals, and then track your progress in implementing them.

1. List three areas you would like to grow or increase —either new ones or ones you feel are stalled or are stagnant. *Example 1:* Developing or increasing appetite/hunger & thirst for God. *Example 2:* Beginning or increasing an exercise routine. *Example 3:* Learn about Emotional Intelligence or begin declaring God’s goodness over negative thoughts about myself and others.

a. _____

b. _____

c. _____

2. For each growth commitment, identify a small action you can take toward achieving your change goal. It should be something you can measure and track. *Example:* Speak God’s Word over my life daily. *I will declare at least one scripture over myself for the next 30 days.*

a. _____

b. _____

c. _____

3. Use this checklist to track whether you took the desired actions each day. Enter “Y” for yes and “N” for no.

ACTION	M	T	W	TH	F	M	T	W	TH	F
<i>Example: Speak God’s word over my life daily.</i>	Y	Y	Y	N	Y	Y	Y	Y	Y	Y

4. After tracking your actions for several days, assess whether you need to make any adjustments. At the same time, notice—and celebrate—your successes. *Example: I sense a positive change in my thoughts, and I am excited about that. Sometimes though, I let circumstances overwhelm me. I want to continue to renew my mind with God’s word.*

a. _____

b. _____

c. _____

5. Once you master these activities, pick new ones to try or increase the complexity of the existing ones. *Example: My thinking about myself has really been impacted by God’s word. I now want to focus on improving my thinking about a challenging person in my family, at my job, a challenging situation etc.*

a. _____

b. _____

c. _____