

Build the Skill of Goal Setting:

Goal Identification Exercise:

Below is a list of goals and desires. It's up to you to figure out which ones are goals versus which ones are desires. Place a checkmark in either the goal or desire box next to each scenario to indicate your decision. After you decide whether it's a goal or desire, write in the last column the reasoning for your choice. *Hint: the number one factor of something being a goal versus a desire is control. If it's in your control, then it's a goal. If it's outside of your control, then it's a desire.*

Scenario	Goal	Desire	Reasoning
I want to make all A's in school.		✓	I don't make the test
I will go to the gym three times a week at 7:00 A.M.	✓		I can control that
I want to be a good father.		✓	I can't control what my children think
I want to lose 30 lbs.		✓	unscheduled and unpredictable
I want to be employee of the month.		✓	I don't choose the award
I am going to wake up 15 minutes earlier Monday-Friday and read a self development book.	✓		Scheduled and predictable
I want to sell my house this year.		✓	outside of my control
I will call 3 friends a week between Monday and Friday after I get off work.	✓		scheduled and predictable
I want to buy a used car for my child.		✓	Very close to a goal, but it's unscheduled and unpredictable
I will pray 20 minutes a day right before lunch.	✓		Scheduled and predictable
I will go to the grocery store every Monday morning at 8:00 A.M.	✓		Scheduled and predictable
I want to make 80% of the free throws that I take.		✓	unscheduled and unpredictable



Scenario	Goal	Desire	Reasoning
I want to start my side hustle this year.		✓	unscheduled
I will post on social media twice a week.	✓		scheduled and predictable
I will go to the gym on Monday, Wednesday, and Friday every week at 6:00 A.M.	✓		scheduled and predictable
I will cut out meat from my diet.	✓	✓	I would call this a goal (scheduled) not a desire
I want to get married.		✓	Outside your control
I want to have children.		✓	Outside your control
I want to own a 7 figure business.		✓	outside your control
I will study math every Saturday from 11:00 A.M - 12:00 P.M.	✓		scheduled and predictable

List Your Desires:

1. Write down the desire you want to accomplish:

1000 YouTube subscribers in 2022

- A. Is it outside of your control? Yes
- B. Is the fulfillment of this desire unscheduled and unpredictable? Yes
- C. Does it have a deadline? Yes

2. Write down the desire you want to accomplish:

I want 5 unchurched people to come to the 5 points campus, get saved, and stay there for at least a year in 2022

- A. Is it outside of your control? Yes



B. Is the fulfillment of this desire unscheduled and unpredictable? Yes

C. Does it have a deadline? Yes

3. Write down the desire you want to accomplish

I want to break the habit of procrastination in 2022

A. Is it outside of your control? Yes kinda

B. Is the fulfillment of this desire unscheduled and unpredictable? Yes

C. Does it have a deadline? Yes

4. Write down the desire you want to accomplish:

I want to be/have more self-discipline by the end of 2022

A. Is it outside of your control? Kinda

B. Is the fulfillment of this desire unscheduled and unpredictable? Yes

C. Does it have a deadline? Yes

5. Write down the desire you want to accomplish:

I want to be a good father and husband this year

A. Is it outside of your control? Yes

B. Is the fulfillment of this desire unscheduled and unpredictable? Yes

C. Does it have a deadline? Yes



List Your Goals:

1. Write down the goal you want to accomplish:

Post 1 video a week in 2022

- A. Does this goal align to the proper desire? Yes
B. Does it have to do with activities? Yes
C. Is it scheduled and predictable? Yes

2. Write down the goal you want to accomplish:

I will go evangelizing ~~once~~ once a week during lunch.

- A. Does this goal align to the proper desire? Yes
B. Does it have to do with activities? Yes
C. Is it scheduled and predictable? Yes

3. Write down the goal you want to accomplish:

Review Bible verses about Discipline and procrastination Monday - Friday in 2022

- A. Does this goal align to the proper desire? Yes
B. Does it have to do with activities? Yes
C. Is it scheduled and predictable? Yes

4. Write down the goal you want to accomplish:

~~Make a to do list~~ Go over $E + R = O$ Monday - Saturday and anticipate A's & E's for that day. ($E + R = O = \text{Event} + \text{Response} = \text{Outcome}$)
I anticipate the Event and then how I should

- A. Does this goal align to the proper desire? Yes respond
B. Does it have to do with activities? Yes
C. Is it scheduled and predictable? Yes



5. Write down the goal you want to accomplish:

~~Have~~ Have date night once a
month with Kedijah.

A. Does this goal align to the proper desire? Yes

B. Does it have to do with activities? Yes

C. Is it scheduled and predictable? Kinda

