

Goal Setting Weekend – Single

Planning the Weekend

If you tend to be more extroverted and are stimulated by the company of others you may want to consider going with someone else so that you can spend the “recreation” time together. Conversely, if you prefer personal down time and time alone, then a weekend alone may be perfect for you.

Friday Evening

Begin your planning weekend with a relaxed, unstructured evening. Don't try to make any plans or set any goals; rather, simply enjoy some quiet time. Take time to pray: prayer is what will make the difference between a weekend of wishful thinking (or selfish dreaming) and one that allows you to focus on purposeful, deliberate God-given goals and strategies for your life.

Saturday Morning

Take time to go through the **Goal-Setting Questionnaire** (try and focus on those that are most relevant or your own specific questions). As you answer the questions, think about which ones matter most to you and how they might eventually translate into specific goals. Feel free to revise the questions or add different ones that might apply to your circumstances.

Lunch Break

Take a break from the questionnaire and relax. Go for a walk or enjoy some other kind of recreation before you start your afternoon session.

Saturday Afternoon

Spend time completing the questionnaire. Think through your answers and conclude your time with prayer.

Saturday Evening

Put your questionnaire on the back burner and let the information “simmer” while you enjoy dinner, recreation or some other activity.

Sunday Morning

After breakfast, spend some time praying and reading a passage of Scripture. This can be a formal devotional time, planned in advance of your weekend, or an impromptu worship experience.

Get out your questionnaire, along with the Goal-Setting Worksheet. Your job is to use the answers recorded on your questionnaire as a springboard for prayerfully developing goals in the six major categories: Spiritual, Financial, Marriage, Family, Social, and Physical. Again, adapt this worksheet to meet your own needs; not every person will want to pursue goals in each of these six areas, and there may be other categories (such as vocational or intellectual goals) that you want to concentrate on.

Resolve to set (and pursue) at least one goal in each category. It will help if you write your goals in terms that can be measured or quantified: For example, in the Financial category, your goal may be “To get out of debt within the next three years” or “To save for a down payment on a house by saving at least XX dollars each month for the next two years.”

Break for lunch on Sunday, and then continue your goal-setting if you have more information you want to cover.

Goal-Setting Questionnaire

The questions and categories listed on this questionnaire are not meant to be all-inclusive. Adapt, ignore, or supplement them as you need to. Don't try to pinpoint any "right" or "wrong" answers; rather, use this document as a catalogue of ideas to jump-start your goal-setting process and help you understand thoughts and priorities. Record your answers on a separate sheet of paper.

Financial Questions

1. Do I feel comfortable with the amount of money I make?
2. Is there anything I can do to improve my financial situation?
3. Do I have an adequate amount of life insurance? What about home, health, and auto coverage? Do I know how to locate and use the policy information?
4. Do I need to reduce my taxes? Am I under- or over-withholding?
5. Am I giving away the right amount or percentage of my income? Are my gifts being used for the right purposes or organizations? When is the best time for me to give--weekly, monthly, or on some other schedule?
6. How much debt do I have? Is this an acceptable amount? Should I try to get out of debt, or avoid it altogether?
7. How much am I saving? How much should I be saving? What Am I saving for? How often should I set money aside, and where should I put it?
8. Why Am I investing? How much should I invest? Am I comfortable with how my investment portfolio is allocated? Should I be more (or less) aggressive in my investment approach?
9. How much should I spend on things like my house, my vacations, cars, etc.?
10. Do I want to send my children to a private/Christian school? How much will that cost? How much am I willing/able to spend on a college education for my children?

Family Questions – if you have children

1. Do I consistently and properly love my children?
2. Do I consistently and properly discipline them?
3. What are the most important character traits I want to see my children develop?
4. What rules do I want to establish for my children at home and in public?
5. Where should we go on vacation? How should we spend weekends and other leisure time?
6. Does my devotion to my children interfere with or hamper other relationships?
7. If something were to happen to me, whom would I want to serve as the guardian for my children? Have I provided for my children through a will?
8. According to the following passages, what are the main responsibilities of parents and children? Col. 3:20-21; Heb. 12:5-11; Prov. 3:11-12; Eph. 6:4.

Spiritual Questions

1. Am I spending consistent, quality time with the Lord? Is my spiritual relationship stagnant or progressive?
2. Should we have family devotions? What should they look like?
3. Should I be more involved in personal evangelism?
4. Am I active in our church and are my children involved?
5. What are my primary spiritual gifts?
6. Am I effectively using these gifts for the Kingdom of God?

7. What can I do to improve prayer life, individually and as a family?
8. What should my ministry focus be?

Social Questions

1. Is there a proper balance between my time spent at home and away from home?
2. Should I entertain more?
3. Should I be making an effort to get to know more people?
4. Are there any specific people I would like to get to know better?
5. Am I involved in the community, schools, and/or social organizations?
6. Am I over-committed to social, athletic, or other activities?
7. Do my children demonstrate wisdom when choosing their friends?
8. Do I demonstrate wisdom when choosing friends and social activities?
9. Are there people in the church and neighborhood that I should help, befriend, and care for?
10. Is our home an inviting place for my friends and my children's friends to gather?

Physical Questions

1. How can I improve my eating habits?
2. How can I improve my family's eating habits?
3. Am I getting enough exercise?
4. Are my children involved in athletic or physical activities?
5. Are there any skills or sports I want to learn (i.e., to play the piano, speak French, or play tennis)?
6. Do I need to lose/gain weight?
7. Are there any athletic goals I want to pursue (i.e., being able to run a mile--or a marathon)?