

Book Preview

This is a free preview of the book <u>Biblical Goal Setting</u> by Michael Stine. This file may be redistributed freely so long as it is not edited or altered in any way. It must be distributed for free and may not be profited from.

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ABOUT THIS BOOK

This book is written so that you may not only plan your long and short term goals, but actually set about achieving them. Just discussing goals and defining what a "good" goal is as opposed to a bad one will only get you so far. The best goals in the world won't help you to actually achieve what you want if you have bad priorities and poor planning.

With this in mind, this book not only looks at writing good goals, but it also helps you to make sure that your goals are a reflection of your priorities in life. Or in some cases it might point out to you that what you say are priorities in life are not reflected in your goals.

After aligning your goals to your priorities, you still need to be able to actually work to complete your goals. This book also looks at planning and scheduling based upon your goals. The focus of the book is not how to plan a schedule but it is nevertheless an important part of the process and the cause of many failures.

While this book contains lots of useful information, there is also some supplemental material that you can access for free online at www.biblicalgoalsetting.com. This will contain some sample goals, downloadable schedules, and other helpful things for planning and completing your goals.

PREFACE

Everyone needs goals in life and we all have them regardless whether they have been consciously thought out or not. But of course the best way to achieve our goals in life is to carefully and thoughtfully plan them out.

You'll find that much of this book is very unbiblical. By this, I don't mean to say that it goes against what the Bible teaches, just that these are general principles to create goals upon. What sets this book apart from other things that you may read comes down to our priorities in goal setting. What makes a goal "biblical" will depend upon the priorities that you have when you set that goal.

In short, if you call yourself a Christian, or really if you follow any religion, your priorities should be different from someone who does not. The focus of this book is Biblical goal setting because it is going to discuss what a Christian's priorities are according to the Bible. The principles of setting goals are going to be universally useful to anyone however, regardless what their priorities really are.

BIBLICAL GOAL SETTING

What is life without goals? A person without goals in life is adrift and lacks focus. One might even say that a life without goals is a life without meaning.

Goals are part of the way that we decide what will do in a given day. If your goal is to run a marathon, then some of your actions for the day will involve training. That might mean eating right, running, or just buying the proper equipment to help eventually reach that goal. The point is that at least some of your actions for the day are likely to be focused on achieving that goal.

Some goals are quite simple such as relax or see the latest movie. Such goals are not only easily accomplished but they are quickly accomplished. Other goals will take much more time and effort, such as earning a Ph.D. No matter what your goals are though, they give you direction in your life.

What is a goal?

Something toward which to aim

A target

A specific purpose worth working towards

A desired outcome that can be measured in terms of progress toward an objective

A statement of faith – how one hopes things are going to be at some time in the future

Why are goals important?

Goals give direction. As defined above, a goal gives a target that one aims at. A wise man once said "If you aim at nothing, you'll probably hit it." We don't achieve all of our goals in life but we won't achieve any of them if we don't have them. With goals in mind, you at least know what direction you're trying to go.

Goals help you choose your activities. When you have a goal in mind, you will be working towards that end. You will choose your activities based upon reaching that goal. You must keep your goal in mind however and not get so focused on the activities that are meant to help you reach that goal. For example, say you want to improve your golf game. One of the things that might help is better equipment. But golf equipment is quite expensive. So you start working overtime in order to afford the new equipment. If the goal is to improve your golf game, the time you spend working may be better invested in practicing rather than buying equipment that will certainly help but may only have a slight impact on your game. When you keep your goals in mind, it will help you determine what your most important activities are.

Goals motivate. Goals offer an incentive to work longer and harder. When you have a goal in mind you will push yourself in order to achieve that goal. Not only will there be the actual reward of achieving whatever task you want but there will also be a sense of accomplishment that comes with achieving your goal. Because of this, extra resources – time, money, focus – will be spent achieving your goal.

Goals provide mile posts. Your goals are based on objectives. Objectives are basically bigger, more generic goals. We might consider them lifetime goals. An objective may or may not be something that is achievable. Your goals will serve as a marker of how far you have come. For instance, your objective may be to become a bestselling author. One of the first goals required for that would be to write a book in a certain amount of time. Then you'll need a follow up goal of getting your book published and promoted. And since it's unlikely that just these two steps will achieve your objective, you might need to write more books in order to gain notoriety. Your next goal may be to sell 50,000 copies of your book. In short, goals are smaller pieces of what it will take to achieve your overall objectives in life.

Goals provide a measurement for evaluation. When you write down your goals – and they are good goals as we'll see later – evaluating your achievement is simple. It will come down to whether you achieved your goal or not. As will be discussed later on, you won't achieve every goal that you set and that's okay. In fact, if you do achieve every goal that's actually an indication that you've made them too easy. As long as you have good goals you can easily evaluate whether you are heading in the right direction with where you want to go in life.

CLASSIFICATION OF GOALS

One of the most important parts about setting a goal is to know how to classify it. This makes sure that your goals have realistic time frames and it may make you break up larger goals into smaller ones. While the end goal will always be something large even if simple – live to see my grandkids grow up, for example – there are numerous goals in between where you are now and accomplishing the final goal.

Objectives or life goals

Technically these don't classify as goals because they are vague and without a time frame (you don't know how long your life will be for one thing.) We'll discuss what is needed for a good goal later. Objectives offer a vague direction. For instance, your objective may be to travel the world. What does this actually mean? Does it mean visit 6 continents? Does it simply mean take a trip overseas? Or does it mean visiting the major cities of Paris and London and Tokyo? Whatever your objective is, your long and short term goals will be focused on this.

It's good to note that you are not limited to just one lifetime goal and in fact you probably have several even if they aren't stated. What is important is to make sure that these goals are not mutually exclusive. Saving up for vacation of a lifetime may be a part of your objective but if another one of your objectives involves spending more time with family, you probably can't work more and spend more time with family both. This is where priorities must come in.

Long range goals

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