

# Setting Personal Goals

Growing Through Goal Setting - Part 2 of 4

## Goals To Physical Conditioning:

Paul: **“I pray that you may enjoy good health and that all may go well with you...”**  
3 John 2

**“Pay attention to my words...for they are health to a man’s whole body.”**  
Proverbs 4:20-22 (NCV)

Goal #1: Maintain Your \_\_\_\_\_.

**“Each of you should learn to control his own body in a way that is holy and honorable.”**  
1 Thessalonians 4:4

**“Control yourself if you have a big appetite...”**  
Proverbs 23:2 (NCV)

**“Moderation is better than muscle...”** Proverbs 16:32 (Message)

Goal #2: Commit Yourself To A Regular  
\_\_\_\_\_.

**“Glorify God with your body”** 1 Corinthians 6:20

**“Physical exercise has some value.”** 1 Timothy 4:8

Goal #3: Get Enough \_\_\_\_\_.

**“In vain you rise up early and stay up late.”**  
Psalm 127:2

**“God wants His loved ones to get their rest.”**  
Psalm 127:2 (Living Bible)

## Goals To Mental Conditioning:

**“Prepare your minds for action; be self- controlled”**  
1 Peter 1:13

Goal #1: Develop A Personal \_\_\_\_\_.

Paul: **“Don’t forget the books and the parchment. Bring them to me, I need them. I’m going to study.”**  
2 Timothy 4:13

Goal #2: Spend Time With \_\_\_\_\_.

**“He who walks with the wise will be wise.”**  
Proverbs 13:20

**“He who listens will be wise.”** Proverbs 23:19

Goal #3: Write Your \_\_\_\_\_.

**“We must pay careful attention to what we hear so that we don’t let it slip.”**  
Hebrews 2:1

## Goals For Spiritual Conditioning:

**“Spend your time and energy in the exercise of keeping spiritually fit.”**  
1 Timothy 4:7 (Living Bible)

Goal #1: Strengthen Your Commitment

Through \_\_\_\_\_.

**“Do not give up the habit of meeting together but let us encourage one another.”**  
Hebrews 10:25

Goal #2: Renew Your Soul Through \_\_\_\_\_.

**“You’re my place of quiet retreat; I wait for your Word to renew me.”**  
Psalm 119:114 (Message)

Jesus: **“If you continue in my word, you are truly my disciples.”**  
John 8:31 (NRSV)

Goal #3: Develop Your Talents Through \_\_\_\_\_.

**“Whatever you do, work at it with all your heart, as working for the Lord, not for men.”**  
Colossians 3:23