

This week Andy presents "Setting Personal Goals", Part 2 of his four part series on "Growing Through Goal Setting." Andy explains that, "Setting goals requires a WILL TO WIN, but while many may have the 'will' to win, few have the will to PREPARE TO WIN." Effective personal goal setting requires an intentional, purposeful attitude. The whole person needs to be addressed, the physical person, the mental person, and the spiritual person, to achieve any real success at setting a personal goal for your life. Physically, a person needs to find and maintain their ideal weight, to exercise regularly and to set aside time for the right amount of rest. The society in which we live distracts us from each of these disciplines and so we need to actively focus on "doing it right".

The mind needs to be "battle ready" to reach personal goals. In a television/internet rich climate, it takes conscious effort to read and value books. Unlike other forms of media, reading tones the mind and exercises comprehension. Seeking out and associating with wise people leads us to new ideas. In many places, the scripture reveals that God both values and keeps written records. The average person forgets about 97% of what they hear in the passage of three days time. In a society that focuses more on the "immediate" than on anything else, disciplined records keeping requires determined effort.

To be spiritually fit, the God-Man relationship needs to be healthy. In a busy world with abundant distractions, regular, intentional fellowship (like in a small group, a ministry or a study with other believers) helps keep commitment to God strong. Personal Bible study is crucial for the daily renewing of the soul. Personal service to others will serve to develop your talents for God's use. But, all of this requires "Preparing To Win" at the start. If you want to set personal goals that change your life and change the world around you, you cannot do so by ignoring these types of personal discipline. To try and set and achieve your personal goal without them would be like finding a great treasure and then being too weak to pick it up and to carry it home with you. You sought it. You found it. But you could not handle it, and so nothing came of it. What plan will you put in place this week to prepare you to set and reach your goal in life? Have you written it down?