

“Search me, O God, and know my heart;  
 Try me and know my anxieties, and see if there is any wicked way in me.  
 And lead me in the way everlasting.” Psalm 139: 23,24

“O Lord, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue, you know it completely, O Lord. You hem me in – behind and before; you have laid your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.” Psalm 139: 1-6

GOALS \_\_\_\_\_  
 (year)

Area of Life	Possible Goals	Possible Obstacles	Possible Solutions	Scripture
Intellectual				
Emotional				
Physical				
Spiritual				
Social				

Self-Care				
Relationships				
Family/children				
Financial				
Volunteer/Serving				
Amends				
Long Term				