

Sample Goals

Spiritual Goals

- Read Proverbs each month, one chapter a day
- Read through the bible in a year.
- Memorize one Scripture verse per week
- Read the biographies of four Christian leaders
- Listen to teaching tapes on the way to work.

Marriage Goals

- Plan consistent weekly times for talk (Marriage Staff Meetings)
- Participate in a seminar on marriage.
- Express daily praise and appreciation of my spouse.
- Schedule "dates" together, alone, twice monthly.
- Schedule quarterly "Get-Away" times without the kids.

Family Goals

- Begin weekly family nights for fun and conversation.
- Plan together a family summer vacation.
- Eat five meals per week together at home without TV.
- Father take daughter on annual "date".
- Maintain family prayer together at meals.

Household Goals

- Do family meal planning at weekly staff meetings.
- Wallpaper bathrooms and kitchen.
- Select and purchase a new living room lamp.
- Develop a landscape plan for the front yard.
- Develop and agree on a list of household chores.

Career Goals

- Join a professional organization in your field.
- Participate in a "Parent's Day Out" program.
- Attend a time management seminar.
- Apply for a job transfer or a new job.
- Reorganize your home or office work space for efficiency.

Personal/Social Goals

- Read six nonfiction books this year.
- Lose a specific amount of weight.
- Develop three new sets of couple friends
- Exercise fifteen minutes each day.
- Learn to play tennis, golf or racquetball.

Ministry Goals

- Volunteer as a Sunday school teacher
- Spend a week of vacation doing mission work
- Start a once-a-month dinner for neighborhood couples.
- Memorize verses for a gospel presentation.
- Join the church choir, prayer ministry or other program.