

GOSPEL

Centered

HEALTH

Plan Prep Pray 2020

with Mendy Shriver





Join Mendy on her LIVE online planning meeting on Sunday night, January 12th at 7 p.m. 2020

Start with setting the mood. Put on some music or join Mendy to help you focus. Close your eyes. Pray with authenticity to Jesus. He knows your fears already so just tell Him anyway.

Looking back first

1. As 2019 draws to a close, what are all the things in your life that you are MOST grateful for this past year. This can be WHO is in your life or WHAT is in your life or WHAT has happened to you this past year. I am most GRATEFUL for:

2. What goals did you accomplish in 2019?

- a. What worked well, what were some of your top accomplishments, celebrations, and victories? Be specific.

- b. Was there anything in 2019 you KNOW God has been asking you to lay down or walk away from? On the other hand, has God been asking you to do anything specific? Big or small?

3. What were a few of your BEST practices in 2019 that allowed you to achieve success with your goals? For example, what were you disciplined about...what habits did you practice that allowed you to create success or achieve your goals...

- a. What similar disciplines do you need to practice in 2020 to help you create success this year?

- a. What one or two daily practices can you add take into 2020 that will help you grow a deeper understanding of God's purpose for your life?

5. What trials and spiritual battles did God help you through? Remember that you are an overcomer because you have Jesus and His strength. What did you overcome?

6. Now that 2020 is almost here, can you say that you are in the physical and emotional state that you had hoped or wanted to be? Write about each and explore why.

a. physical:

b. emotional:

Strengths, Values, Goals and Spiritual Direction

1. List your top 5 strengths? Also, list three details that help explain each strength. If you do not know your top strengths, a great tool to discover them is [Strength Finders 2.0](#).

2. What are your Top 5 CORE VALUES? Explain why those are so important to you. These are non-negotiables in your life (i.e. integrity, honesty, love, modesty...).

a.

b.

c.

d.

e.

3. What are your BIG goals for next year? These are the 3-5 life “things” you MUST accomplish in 2020 to feel like you are moving in a positive direction, being an effective business owner, co-worker, mom, person, and following God into a deeper relationship with Him. This can be work related as well as physical and/or personal. We are called to glorify God in all that we do.

Physical Goals:

Family/Marriage/Relationship Goals:

Work Goals (whether you work inside the home or outside of your home... it is all work and we all need goals)! Write them.

Hobbies/Relaxation Goals:

Business Goals: (if you are a business owner of any sort, write you goals here and/or attach your projected monthly and annual sales/financial/profit goals here).

4. What situation or need in your community (or beyond) that most moves you to want to take ACTION. What moves you emotionally? Where do you most want to make an impact? When considering this question, make sure to pray first. We want to make sure we are saying yes to the things that are right for us. Too often we contribute in ways that God has not called us to or gifted us with.

- a. In 2020, is there a mission/ministry you want to support, start, open, or serve at? What is that and why? Be specific and detailed.**

Financial and Lifestyle

- 1. How much money do you want/need to make in 2020? What is your monthly financial goal? Be specific!**
 - a. What is your monthly and annual tithe going to be, based on your monthly income?**
 - b. What ministry will you financially support? How much? Why?**
 - c. How (specifically) will you be responsible with the money God allows you to make? Savings? Investments? Budgeting? (This could include starting a budget, retirement fund and/or paying off your debts).**

2. If there are 5 things you HAD to do in order to create the lifestyle you want, what are those 5 things? What specific action steps do you need to take in order to create and achieve this goal? (For instance: do you need a new job, a second source of income? Are you working too much? Too little? Are you spending too much time on social media? Do you need to read God's word more? Join a Bible study or small group? Sleep more? Exercise? Eat clean? Go back to college? Start college?).

a.

b.

c.

d.

e.

Simplicity, Time Freedom, and Efficiency

1. What can you do to make better use of your time?

2. What one thing should you eliminate from your life because it holds you back from reaching your full potential as a child of God and as a productive human of this world?

3. How many days do you want to work a week (3, 4, 5, ???) and for how long do you want to work when you work? How many hours per day?

4. Specifically regarding work and business life, what are the best practices you were doing when life/business was working best? (Setting timers on specific work projects? Working out early in the morning? Eating protein for breakfast? Morning prayer and meditation? Leaving work at work? Making a monthly projection? Daily to-do lists? More organized family or personal calendar?)

5. When are your peak productivity cycles? What times of the day do you operate at your absolute best?

6. What are a few things you need to STOP doing? You probably don't love to do these things, aren't great at them, or these current practices are just robbing you of time, energy, efficiency, and profitability. These are things you MUST eliminate from your life. These are the things you must get help for, hire out, or delegate so you can feel more fulfilled and

get more out of your life. (maybe you need to delegate the dishes to another family member? Maybe you need to hire an assistant for your business? Maybe you need to order a pre-packaged meal delivery service?).

7. What was your favorite book (or books) that you read in 2019?

8. List the books you will commit to reading in 2020. Why are these interesting to you?

Conclusion:

1. What are a few Bible verses that you WILL live by in 2020?

a.

b.

2. Would the girl you WERE in the past be proud of the woman you ARE today? Explain why or why not. Spend time reflecting on this.

3. Share anything else you would like to write in regards to creating an extraordinary, Christ-centered 2020. You can share any other thoughts, goals, gratitude's, etc. Let your mind think deep and your pen or typing flow freely.

4. Based on all the hard work you just did journaling, dreaming, praying, and thinking, NOW think of a word or THEME that will drive you, motivate you, and define your 2020. Write the word and the actual definition of that word here then write WHY you need that word to help you stay the course for the next 12 months.