



PASSIONATE PURSUIT

GOAL SETTING WORKSHEET

1. What is God's will for me in this area of my life?

Lord, I want to serve You with my life. Help me to see areas that I need to change to better do just that. Show me how to live passionately and purposefully for You in this area of my life. Lead me to Bible verses that will guide me toward the life and the character You have for me. I want to walk in Your footsteps, staying in the safety of Your shadow. Draw me nearer to You as I move forward in this goal. Help me to keep my eyes fixed solely on You. Amen.

2. What are my strengths?

Lord, it's hard for me to see the strengths You've given me sometimes, but I know they are there because Your Word tells me that I am fearfully and wonderfully made (Psalm 139:14), a masterpiece You created to do good works (Ephesians 2:10). Show me those strengths in myself. Allow me to see myself through Your eyes. Amen.

3. How can I use those strengths here?

Lord, I know You want me to succeed in this area. Show me creative ways to use my strengths to honor You here. Continue to reveal new ways for me to glorify You with my God-given strengths. Amen.

4. Where am I struggling the most?

Lord, it is really uncomfortable to talk about my weaknesses. I know they are there, but it feels discouraging to list all of the ways I fall short. Help me to see these areas with fresh eyes, not as areas where I am failing, but as reasons to cling tightly to You, knowing You will provide for all of my needs and fill in all of my gaps. Help me to feel confident, even as I look at this list, knowing that You are still working all these things for my good. Amen.

5. What are the ways I can address those weak areas?

Lord, give me boldness and strength to humbly seek help in my areas of weakness - from You, my community, and whatever other resources I need to grow in this area. Give me wisdom and insight in my brainstorming as I try to come up with creative ideas to navigate these struggles and remind me that You didn't design us to be perfect on purpose. Help me to remember that even my weaknesses have a purpose. Amen.

6. Where have I seen the most results/impact?

Lord, open my eyes and show me the things I am already doing that are working well for me. Help me fight against those feelings that want to minimize them and make them seem not good enough. Show me their value and how I can best use them to help me succeed. Give me patience and perseverance as I invest in these things and wait for the results to follow. Amen.

7. What am I doing that isn't yielding any results?

Lord, show me the things in my life that are wasting my time, energy, and money. Give me the wisdom and strength to let them go and refocus on the things that will be most effective, serving You best with my time, strengths, and skills. Thank You for never expecting perfection from me. Amen.

8. What are my top 3 priorities here?

1. _____
2. _____
3. _____

Lord, give me wisdom in narrowing down my top priorities here. I want these 3 things to honor and glorify You, but help me not to get so stuck on choosing the perfect 3 that I stop making progress. You know my heart to serve You here. I want my life to reflect the things that are most important to me and You are at the center of it all. Let these priorities reflect that, as well. Amen.

9. What are my action steps to achieve each of those priorities?

Priority #1 _____

Write your goal as SPECIFICALLY as you can.

How will you MEASURE your goal?

Is your goal ATTAINABLE for you with your current schedule, energy, skills, & resources?

How is this goal RELEVANT to your life/faith/relationships?

How will you make your goal TIME-BOUND? When will you accomplish this?

Priority #2 _____

Write your goal as SPECIFICALLY as you can.

How will you MEASURE your goal?

Is your goal ATTAINABLE for you with your current schedule, energy, skills, & resources?

How is this goal RELEVANT to your life/faith/relationships?

How will you make your goal TIME-BOUND? When will you accomplish this?

Priority #3 _____

Write your goal as SPECIFICALLY as you can.

How will you MEASURE your goal?

Is your goal ATTAINABLE for you with your current schedule, energy, skills, & resources?

How is this goal RELEVANT to your life/faith/relationships?

How will you make your goal TIME-BOUND? When will you accomplish this?

Lord, show me how to lay out my goals in a way that makes them achievable. Help me to be intentional about my action steps, making them realistic for me. Don't let me slip into the comparison trap along the way, measuring my own goals against what others are achieving. Keep my eyes fixed on You and on the path You have laid out for me and me alone, giving me strength, stamina, and perseverance to choose to keep going, even when it gets uncomfortable. Amen.

10. What are my next steps to achieving these goals

Lord, give me the strength, not just to make all of these plans, but to actually take the first step. Help me to actually put all of my good intentions into action. Show me, one step at a time, how to serve You powerfully and purposefully through these goals. I crave to hear you say, "Well done, good and faithful servant!" Amen.

WEEK 1 - JUNE 15-21

Change I want to implement this week: _____

Daily Calorie Goal: _____ Daily Step Goal: _____

MONDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

TUESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

WEDNESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

THURSDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

FRIDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SATURDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SUNDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear— but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious. 1 Peter 3:3-4

Monday Measurements: Waist:____ Arms:____ Thighs:____ Chest:____ Hips:____ Weight:____

MONDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

TUESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEDNESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

THURSDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

FRIDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SATURDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SUNDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEEK 2 - JUNE 22-28

Change I want to implement this week: _____

Daily Calorie Goal: _____ Daily Step Goal: _____

MONDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

TUESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

WEDNESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

THURSDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

FRIDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SATURDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SUNDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

1 Corinthians 6:19-20

Monday Measurements: Waist:___ Arms:___ Thighs:___ Chest:___ Hips:___ Weight:___

MONDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

TUESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEDNESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

THURSDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

FRIDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SATURDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SUNDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEEK 3 - JUNE 29-JULY 5

Change I want to implement this week: _____

Daily Calorie Goal: _____ Daily Step Goal: _____

MONDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

TUESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

WEDNESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

THURSDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

FRIDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SATURDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SUNDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. 1 Corinthians 10:13

Monday Measurements: Waist:____ Arms:____ Thighs:____ Chest:____ Hips:____ Weight:____

MONDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

TUESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEDNESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

THURSDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

FRIDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SATURDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SUNDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEEK 4 - JULY 6-12

Change I want to implement this week: _____

Daily Calorie Goal: _____ Daily Step Goal: _____

MONDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

TUESDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

WEDNESDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

THURSDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

FRIDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SATURDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SUNDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Romans 12:1

Monday Measurements: Waist:___ Arms:___ Thighs:___ Chest:___ Hips:___ Weight:___

MONDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

TUESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEDNESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

THURSDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

FRIDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SATURDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SUNDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEEK 5 - JULY 13-19

Change I want to implement this week: _____

Daily Calorie Goal: _____ Daily Step Goal: _____

MONDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

TUESDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

WEDNESDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

THURSDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

FRIDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SATURDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SUNDAY

BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____

Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

So, whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31

Monday Measurements: Waist:___ Arms:___ Thighs:___ Chest:___ Hips:___ Weight:___

MONDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

TUESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEDNESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

THURSDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

FRIDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SATURDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SUNDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEEK 6 - JULY 20-26

Change I want to implement this week: _____

Daily Calorie Goal: _____ Daily Step Goal: _____

MONDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

TUESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

WEDNESDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

THURSDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

FRIDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SATURDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

SUNDAY
BREAKFAST _____
LUNCH _____
DINNER _____
SNACK(S) _____
Total Calories Consumed: _____ Total Calories Burned: _____ Daily Step Total: _____

Not that I have already obtained this or am already perfect, but I press on to make it my own,
because Christ Jesus has made me his own.

Philippians 3:12

Monday Measurements: Waist:___ Arms:___ Thighs:___ Chest:___ Hips:___ Weight:___

MONDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

TUESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

WEDNESDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

THURSDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

FRIDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SATURDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

SUNDAY

Journal: _____

Meditate on Weekly Scripture Workout Challenge Exercise _____

LIES VS. GOD'S TRUTH

Common Lies We Believe

- I am a failure.
- God made a mistake with me.
- I am not beautiful.
- My mistakes define me.
- I am worthless because I am overweight.
- I messed up God's plans for me.
- I am not good enough.
- I am not worthy of love.
- I have failed too many times.
- I'll never succeed.
- I am hopeless.
- I am weak.
- I'll never be able to lose the weight.
- I'm ugly.
- I don't have any self-control.

What God Says About Who You Are

- **You are chosen**
(2 Thessalonians 2:13)
- **You are delighted in**
(Zephaniah 3:17)
- **You are a masterpiece**
(Ephesians 2:10)
- **You are free** (Romans 5:1)
- **You are wonderfully made**
(Psalm 139:14)
- **You are redeemed** (Ephesians 1:7)
- **You are forgiven** (Psalm 103:12)
- **You are dearly loved** (1 John 4:10)
- **You are accepted** (Romans 8:1)
- **You are blessed** (Romans 8:32)
- **You are a child of God** (Galatians 4:7)
- **You are a conqueror** (Romans 8:37)

5 WAYS TO RELY ON GOD

1. **Pray.** Prayer can be done anywhere at any time. There are no rules you have to follow. You don't have to wait until you have a morning quiet time, get down on your knees, or even close your eyes. Prayer is just about connecting with God, talking to Him about what is going on with you and asking for His guidance.
2. **Check the Bible.** Don't try to rely on your feelings to tell you the truth. Feelings are fickle and ever-changing, but we do have a Truth we can rely on in every situation in our lives. So in every situation, ask yourself, what does the Bible say about this? Whether you're battling fear, struggling with discouragement, dealing with heartbreak, or running short on willpower to fight sin, go to His Word.
3. **Gratitude.** Left to our own feelings, our minds would be full of negative thoughts. There is always something to complain about, some difficult person in our lives, or some situation that just isn't going the way we want it to. On the flip side, there is also always something to be thankful for. Taking the time to stop and look for it changes everything.
4. **Do What You Can & Let That Be Good Enough.** There are usually some action steps we can take in any given situation. We can take responsibility, step up, and do our part. God has given us resources in our time, energy, finances, gifts, and strengths to be able to act. So, do those things and let that be enough. Because there will also be things in any given situation that will be completely out of your control. That takes us to our 5th step.
5. **Surrender.** When you have sought God, checked His Word, thanked Him, and done your part, this is the time to lift the situation into His Almighty and ever-capable hands and let go. Letting go is not a passive thing. It's an active display of trust. It takes a lot of effort not to drift back into worrying about things you can't control or letting your feelings speak louder than the Truth of God's Word. There's a chance that once might do it, but you may have to surrender a situation hundreds of times over again, continually choosing to trust God.

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THIS PASSIONATE PURSUIT JOURNAL BELONGS TO:
