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**HOW TO:**

**WRITING  
GOALS**

**2023**

**BY EVELYN ACHATZ**

# A LOOK BACK AT 2022

*Before moving forward to the New Year, it's necessary that we look back at the past 365 days. To make goals, we have to understand where we are and where we have come from, which pushes us to where we want to be. Here are some questions to prompt your evaluation.*

## **WHO WAS I WHEN 2022 STARTED?**

## **DID I WALK IN MY CALLING THIS YEAR?**

*Some of you may not know what your calling is, if that is the case, before you can answer that, you must answer this: "What is my calling? What am I most passionate about? What do I feel my purpose is?"*

**HOW HAVE I GROWN SINCE JANUARY 1ST OF 2022?**

**WHAT HAVE I LEARNED THROUGHOUT THIS YEAR?**

# LOOKING TO THE FUTURE

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**A**fter looking back at how we have grown this year, we can look forward to the growth we desire in our future. Before setting specific, timed, and planned goals, let's evaluate what we want in the future. Only once we've identified what we truly want, we can set goals to attain it.

## WHO DO I WANT TO BE?

*This doesn't just apply to 2023, but rather your future. Why do you set goals? What do you want your life to look like? What do you want to be known for? **Who do you really want to be?***

**“WHAT YOU DO TODAY DETERMINES  
WHO YOU WILL BE TOMORROW.”**

**JOHN SPENCE**

# MY BROAD GOALS FOR 2023:

*This page is for your imagination. Take some of who you want to be and put it in a goal, broadly. Maybe choose a quote that you'll live by this year. I even chose a focus, something that, even though I have many goals, my bottom line is to stay focused on...*

*The world is at your feet.*

# LOOKING AHEAD TO 2023

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**T**here are four areas we will be writing goals for:  
**Spirit, Mind, Body, and Relationships.**

*These areas of your life flow into everything else.*

*As you go through each category, I challenge you to write a broad end goal, 3 specific goals to achieve your end goal, and then when you will evaluate how you're doing with these. Your broad goal will be a recap of your previous broad goal for 2023, but specific to that area of life. The specific goals will be a measurable way to achieve your broad goals. Lastly, your evaluation time will be how often you assess your current success in these goals. At these assessment times, you can see how well you're doing at accomplishing your goals.*

*Here is an example:*

## **BODY:**

**Broad:** *Eat better, be fit, feel comfortable in my body.*

**Specific:**

- Meal plan for each week on Sunday
- Workout 3x a week
- Do 25 squats a day

**Assessment:** Bi-weekly

# NOW IT'S YOUR TURN:

## SPIRIT:

Broad:

Specific:

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- 
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Assessment:

## MIND:

Broad:

Specific:

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Assessment:

## BODY:

Broad:

Specific:

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- 
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Assessment:

*For relationships, I use the same template but add a bit of a different approach. After creating broad and specific goals, I list my most important relationships. This could just be your top relationship, top 3, or even more.*

*After listing your top relationship/s, find out their receiving love language. This would be how your person receives love the best out of these 5 ways: Quality Time, Acts of Service, Physical Touch, Words of Affirmation, or Receiving gifts. If they don't know theirs, have them take the test by clicking [here](#). Once you know how they best receive love, you can make a specific goal to make them feel loved by you.*

*For example, if their love language is quality time, schedule a day a week that you will take them out and spend undistracted time with them.*

*Now it's your turn-*

## **RELATIONSHIPS:**

**Broad:**

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**Assessment:**

**Person:**

- **Love language:**
- **Specific goal:**



# EVELYN'S TIPS:

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- *Make your specific goals attainable, measurable, and direct.* When writing your goals, ask yourself those questions. Is it a practical goal that I can attain? Can this be measured? If not, that would be in the broad goals section. Lastly, keep them direct and to the point.
- *Pray before you start.* Before writing out your goals and using this template, take 5 minutes of quiet time and pray, asking God for direction in this new season.
- *Take your time.* You don't need to do this in a few minutes, set aside time to deeply evaluate and contemplate your future.
- *Share your goals.* Once you have goals written, share them! Send them to a family member, share them with a close friend, you can even send them back to me! It's important to have someone to keep you accountable.
- *Keep going.* If you miss a day, that is okay. Don't give up - I believe in you!