



"Above all else, guard your heart for it is the wellspring of life.

Let your eyes look straight ahead; fix your gaze directly before you.

Make level paths for your feet and take only ways that are firm.

Do not swerve to the right or the left; keep your foot from evil."

- Proverbs 4:23-27

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DAY ONE: STATION 2: **Goals Setting**

A. Self Discovery and Group Sharing

A1. What are your dreams? What do you want to be when you grow up? What do wish to have in 10 years' time?

A2. Are you making plans to achieve your dreams? If yes, elaborate your plans. If no, why not?

A3. What are the obstacles that are affecting me to achieve my dreams?

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B. Teaching & Learning from Biblical Truth

- ⁵ Joseph had a dream, and when he told it to his brothers, they hated him all the more.

- ⁹ Then he had another dream, and he told it to his brothers. "Listen," he said, "I had another dream, and this time the sun and moon and eleven stars were bowing down to me."

B1. Gen 37:5, 9

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B2. Genesis 15 : 1

¹ After this, the word of the LORD came to Abram in a vision:

"Do not be afraid, Abram.

I am your shield, ^[a]
your very great reward.

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B3. 1 Sam 16:13

- ¹³ So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the LORD came upon David in power. Samuel then went to Ramah.

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B4. Nehemiah 1 : 1-6

- ¹ The words of Nehemiah son of Hacaliah:
In the month of Kislev in the twentieth year, while I was in the citadel of Susa, ² Hanani, one of my brothers, came from Judah with some other men, and I questioned them about the Jewish remnant that survived the exile, and also about Jerusalem. ³ They said to me, "Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire."
- ⁴ When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven. ⁵ Then I said:
"O LORD, God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and obey his commands, ⁶ let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's house, have committed against you."

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B5. Exodus 17:9-10

- ⁹ Moses said to Joshua, "Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands."
- ¹⁰ So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill.

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C1. What are dreams, visions, calling, mission and goals? Why we need them?

- Clarity of mission 明确的使命
- ³⁶"For when David had served God's purpose in his own generation, he fell asleep; he was buried with his fathers and his body decayed.
- Acts 13:36
- A Time, a Place, a People, and a Purpose
 - 时间, 地方, 民众, 宗旨

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C1. What are dreams, visions, calling, mission and goals? Why we need them?

World 5 C's (世界) Biblical Truth 5 C's (圣经)

- | | |
|------------------------|----------------------|
| • Cash 現金 | • Character 人格 |
| • Credit card 信用卡 | • Clarity 明确 |
| • Cars 汽車 | • Competency 才幹 |
| • Condo 公寓 | • Courage 勇气 |
| • Clubs 俱乐部 | • Commitment 承诺 |

⁵²And Jesus grew in wisdom and stature, and in favor with God and men.
Luke 2:52

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What are dimensions of success ?

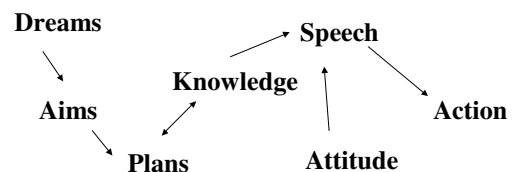
Academic 学业	Spiritual 灵命	Personal 个人
Career 事业	Relationship 关系	National 全国性
Financial 财政	Health 健康	Global 全球性

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B4. Acts 7: 22

²²Moses was educated in all the wisdom of the Egyptians and was powerful in speech and action.



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C2. How to do Goal Setting successfully?

- Pray, commit your plans and put your trust in the Lord (祷告, 委托, 信任 主)
- Write it down – SMART goals (写下)
 - 明确的 Specific
 - 可测量 Measurable
 - 实现 Achievable
 - 切实 Relistic
 - 时间限制 Time-bound (short, mid, long terms)
- Pray & Review – daily, weekly, monthly – adjust, re-focus, re-action (反映和祷告, 每周每月) (重调整 – 集注, 行动)

C3. Practice Goal Setting activity

Goals Setting Tool

Area	Goal	Date set	Date to achieve	Budget/ time to set aside	Sacrifices/ Discipline needed	Review/Status

C3. Goal Setting Activites (eg 1)

- Academic goals:
 - I will do well in _____ subject and improve my grade from _____ to _____.
 - Date planned: _____
 - Achieved by: _____
 - Time-bound: short-term, 3 months.
 - Action list: be attentive in class, revision, complete home work, self-test and assessment, seek help, etc.
 - Status: Pending, In progress – Good, Avg, Below, Achieved, Over-achieved.

C3. Goal Setting Activites (eg 2)

- Academic goals:
 - I enjoy study and will be among the top students in overall results. I will improve my current position from _____ to _____.
 - Date planned: _____
 - Achieved by: _____
 - Time-bound: short-term, 12 months.
 - Action list: be attentive in class, revision, complete home work, self-test and assessment, seek special help in _____, _____, _____ etc.
 - Status: Pending, In progress – Good, Avg, Below, Achieved, Over-achieved.

C3. Goal Setting Activites (eg 3)

- Spiritual goals:
 - To read the entire Bible in a year
 - Date planned: June 2010
 - Achieved by: June 2011
 - Time-bound: short-term, 12 months.
 - Action list: follow the daily reading plan, review understanding and get help on difficult topics
 - Status: Pending, In progress – Good, Avg, Behind Sch, Achieved, Over-achieved.

C3. Goal Setting Activites (eg 4)

- Career goals:
 - To be among the best staff in my company in sales & marketing. I will improve from my current performance of _____ to _____.
 - Date planned: _____
 - Achieved by: _____
 - Time-bound: mid-term, 24 months.
 - Action list: develop skills in _____, review and understanding new challenges, achieving monthly targets;
 - Status: Pending, In progress – Good, Avg, Behind Sch, Achieved, Over-achieved.

C3. Goal Setting Activities (eg 5)

- Relationship goals:
 - To develop mutual understanding and deeper level of relationship with _____. The degree of mutual cooperation, trust and happiness in being together is raised to the next level.
 - Date planned: _____
 - Achieved by: _____
 - Time-bound: mid-term, 24 months.
 - Action list: develop skills in _____, review and understanding new challenges, do projects together, spend at least _____ hours per week together, etc.
 - Status: Pending, In progress – Good, Avg, Behind, Achieved, Over-achieved.

D. Reflection and Prayer

- D1. Have I set the important goals for my life? If yes, what are the goals? If no, what is stopping me?
- D2. If I can achieve the important goals in my life, what benefits will they bring?
- D3. What must I do and how can I ensure my goals will be achieved in good time?
- D4. Spend a moment of quietness before the Lord and pray over your goals. Ask God to review and show you the peoples or resources that can help you.