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## 1. Introduction

- a. Words: circumspectly
  - circum related to circle
  - spectly related to inspection
- b. Wise walk looking around
  - careful walk of life
  - not living foolishly
- c. Redeeming time - use time carefully
- d. Understand God's will
- e. SMART acronym of How?

## 2. Specific Goals

- a. Plan with details
  - start
  - finish
  - steps in between
  - time, place (location)
  - who? specific people
- b. Answer questions: who? what? where? when? why?

## 3. Measurable Goals

- a. Something you can measure
- b. How much? Quantity
- c. Love languages:
  - communication - touching, gifts,
  - actions - alone time

## 4. Achievable Goals

- a. Can your goal be reached?
- b. Possible goal
- c. Probable goal
- d. How can I do it?

## 5. Relevant Goals

- a. Important goals
- b. Priority
  - what is #1 for today?
  - what is #2, #3, etc
- c. Work on most important first
- d. What does God want first?
  - personal relations
  - believing God (faith)
  - giving & receiving love

6. Time Based Goals

- a. Answers question, when?
- b. How long?
- c. Short term goal - immediate, today
- d. Mid-term goal - over several weeks or months
- e. Long term goals - several years
- f. Life practices impact your health over the years
  - healthful living
  - broad choices of food
  - balanced diet
    - x fruit
    - x vegetables
    - x breads, starchy vegetables, starch
    - x small amounts of meat
    - x healthy fats
    - x small dessert, sweets, sugars

g. Spiritual practices

- meeting with other Christians
- reading your Bible - what does God say?
- coming regularly to church
- praying often to God