



What's Your Purpose?

Goals with Grace
Mini-Workbook



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GOALS WITH GRACE
MINI-WORKBOOK

Sample Chapter from

Goals with Grace

Goal Planning with Intention & Purpose

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****Updated 2nd Edition of The Goal Planning Workbook**

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What's Your Purpose?

I am a big fan of creating a personal mission statement. Rooted in my priorities based on what I value most; a mission statement guides me. It allows me to evaluate opportunities and to choose with confidence what I say yes to.

I first created my personal mission statement almost four years ago. I was desperately trying to emerge from the chaos of my new motherhood stage. Holding my son, who was only a few months old at the time, I was overwhelmed, weary and found myself feeling guilty longing for those carefree childless days I had known until recently.

I was having a hard time adjusting to that new season and knew I was created for more than just survival mode. So after coming across a blog post about drafting a personal mission statement based on priorities, I set to work thinking through my own.

It was almost as if a weight had been lifted from my shoulders.

A sense of peace and contentment finally filled me. Instead of trying to focus on all the things I thought I should be, **I was now only focusing on a few areas that I deemed truly important:** my walk with God, my marriage, mothering this precious baby and creating a super, simple home management system to keep the home front somewhat organized.

My days, even though still exhausting from caring for a baby who refused to get on any sort of sleep schedule (he would only nap on my chest which as you can imagine, created quite a few problems), now had a new rhythm to them.

From identifying my priorities and creating a personal mission statement, I was able to find balance in my days at home by creating small routines. I wasn't feeling quite so frazzled and overwhelmed, instead I felt refreshed and focused.

Here I am four years later. My role of motherhood has expanded to three children and in addition to managing my home, I'm also a work at home mama as I write and grow my blog.

My priorities, while still the same, have expanded some as I have new responsibilities.

With this new season also comes time to stop, reflect, reevaluate and revamp my personal mission statement to reflect my current season.

Have you evaluated your own personal mission statement recently?

Better yet, have you ever stopped to create one to begin with?

Having identified my priorities and setting a mission statement not only helps dictate how I spend my time, but it also helps me set goals and make plans for the year. When I sit down to think through the goals I want to tackle in the New Year, I always go back to my priorities based mission statement.

If my goals don't align, then they either aren't worth having or something needs to change.

Since I have entered into a new season, I've spent some time recently updating my priorities and revamping my mission statement. If you've never taken the time to create a mission statement, can I ask what is holding you back? Or maybe you are like me. Is it time to reevaluate because you have moved into a new season?

Creating a new one or revamping an old one doesn't require a lot of time. Instead commit to setting aside just thirty minutes today, tomorrow or sometime over the next few days to work through this simple process. Grab your journal, some paper, your favorite pens, and your Bible. Arrange some time to be alone or head to a coffee shop and get to work.

Step One :: List Out Your Priorities & Order Then in Importance

What are the most important things in your life? The areas where you spend the most time and what grabs your attention.

As a woman who embraces Biblical womanhood, my priorities in this current season are:

- God

- My Husband
- My Children
- Our Home
- My Personal health
- Writing and blogging

What are your priorities?

Spend some time in prayer and list out your most important roles and responsibilities in this season of life. Yes, as time goes on your priorities will probably shift, but don't focus on the future. **Keep your eyes on the present.**

Step Two :: Take Your Priorities and Write Out Action Statements

Next after you have outlined and ordered your personal priorities, **create action statements or descriptive phrases to describe and expand on what your priorities are.** These don't have to be elaborate or complex, but do spend some time in thinking through each statement.

For example, here is my own personal list of action statements based on my priorities above:

- ❖ Cultivating a strong and vibrant relationship with the Lord
- ❖ Pursuing my husband to build a strong marriage
- ❖ Mothering, loving, discipline and investing into my children's lives
- ❖ Creating a haven at home by managing the tasks to keep our home in order and to make our house a home.
- ❖ Investing in the health and wellness of myself by eating healthy, exercising, reading and maintaining quality relationships with family and friends
- ❖ Writing, blogging and building a small business

As you can see my sentences are descriptive yet concise. They accurately describe my roles and priorities but are still open to build upon as the year goes on.

Step Three :: Display It

It would be such a waste to spend time focusing on what you value but don't keep your list visible or easy to reference.

Write it out on a piece of paper with colorful pens or markers, type them up and create a beautiful print or graphic. Frame it, place it over your desk or in your bathroom where you can see it every single day.

I keep a small list attached to the bulletin board above my desk so I can see it anytime I sit down to plan, write and work. I also keep a list in my home management binder where I goal plan.

Referring to my priority based mission statement often **helps me to evaluate** how I'm spending my time and reminds me to be intentional.

Step Four :: Seek Accountability

Finally, **share your mission statement with someone you trust and value.** For me (outside of sharing it with you all here) I share my list with my husband. He knows me better than anyone else and he also keeps me accountable.

If you're not married, share with a trusted friend, mentor or family member who will encourage you, pray for and with you, and cheer you on.

Today's Assignment

Print off the What's Your Purpose? worksheets to help you focus and narrow in on your priorities then create a mission statement aligned to those things that matters most. This is perhaps the most important step in Goals with Grace so really be thoughtful as you work through this assignment.

What's My Purpose?

CREATE A PRIORITIES BASED MISSION STATEMENT

What are the most important things in your life right now? What are your priorities? Spend some time in prayer and list out your most important roles and responsibilities in this season of life. Use the lists you have already created and list out your priorities in order of most importance.

What's My Purpose?

CREATE A PRIORITIES BASED MISSION STATEMENT

Write action statements or descriptive phrases that describe and expand on what your priorities are. These don't have to be elaborate or complex, but do spend some time thinking through each statements.

For example, my top priority is God, so my action statement based on that priority is:

❖ Cultivating a strong and vibrant relationship with the Lord.

It's concise and to the point, yet still broad enough to encompass several things including daily Bible reading and study, prayer, listing my blessings, activity participating in my church, reading books that draw me closer to His heart, etc.

Print off as many sheets as you need for the following worksheet, for example if you have six priorities, you will need to print off six worksheets.

Work through each worksheet by listing your priority at the top followed my space to brainstorm descriptive words and phrases that describe that particular priority.

Finally write a concise and to the point action statement that briefly describes your priority.

What's My Purpose?

CREATE A PRIORITIES BASED MISSION
STATEMENT

PRIORITY

DESCRIPTIVE WORDS

ACTION STATEMENT

What's My Purpose?

CREATE A PRIORITIES BASED MISSION STATEMENT

Combine your action statements to form your priorities based mission statement. Write it out in color pens or type it out. Display your mission statement in a frame and place on your desk, countertop, or in your bathroom where you can see it every single day. Copy it down in your home management binder or daily planner to refer to when you do your monthly planning.

Use the space below to draft it out, then use the following sheet of paper to make it pretty and display worthy!

MISSION STATEMENT

You have just read a sample chapter from the eBook, ***Goals with Grace: Goal Setting with Intention and Purpose***.

Goals with Grace is a complete goal planning system that will walk you through the process of identifying what matters most and creating goals based on the truly important things.

Best of all... you will create an action plan that will help you work towards completing those goals!

What you will learn in Goals with Grace

- What is truly important to you in this season
- Identify your roles and responsibilities
- Define what your purpose is
- Create and evaluate goals that align towards your priorities
- Create a plan of action to complete your goals
- Accountability tools
- Evaluations to help you accomplish your goals
- and so much more!

What's Included in this New Edition?

Goals with Grace (formally *The Goals Planning Workbook*) has been completely updated and revised. Each chapter is upgraded with fresh new information and assignments that walk you through the process of creating goals that matter today.

Also included is a brand new printable pack with gorgeous and appealing worksheets to lead and guide you through the goal planning process.

What Is Included?

- 60-page PDF eBook
- 11 chapters with assignments
- 26 beautiful worksheets for you to print off and work through
- Lifetime access to any future updates -- FREE!
- Special Deluxe and Premium Editions with even more great resources and content to help you plan goals that matter.

To learn more, and to purchase a complete edition of Goals with Grace, visit CreativeHomeKeeper.com/GoalsWithGraceBook