

## A Personal Growth Plan

**1. Everything begins with God.** (Philippians 2:13 *for it is God who works in you to will and to act in order to fulfill his good purpose.*) Any type of personal growth plan must begin with a deep and personal relationship with God. Through this relationship, the following questions progressively come into focus:

- Who is God? How does he think? What does he value?
- Who does God say that I am?
- How has God uniquely wired me?
- What has God called me to do?
- How has God initiated me and prepared me through the course of my life?
- What is God's word over my life right now?

If the answers to these questions are fuzzy, spend an extended time seeking God for clarity before moving into the specifics of a personal growth plan. Otherwise, your heart will either run after the wrong things and turn the right things into ultimate things. The foundation of a relationship with God is *daily investment*. Learn to **SOW** (systematic reading, one-topic study, wait and repeat) God's word into your heart and **DIG** (demonstrate your love, intercession and requests, godly confessions) in prayer. As this becomes a lifestyle, begin to set 90-day goals in the following areas:

**2. Emotional Health.** Put words around the troublesome issues living underneath the surface of your heart. Are you hindered by a lingering sense of insecurity? Are you battling irrational fear? Are you prone to dark days of depression? Identify your areas of inner brokenness and put the following plan in place:

- What scriptures will I memorize in the next 90 days to renew my mind?
- Who will I meet with *regularly and intentionally* for accountability, insight, and wisdom? (Counselor, Spiritual Director, mentor, close friend).
- What will I read to grow my understanding of emotional health?
- What routines and life rhythms need to be adjusted? (Sabbath, time off, vacation, evening and morning routines).

**3. Physical Health.** If you neglect your body you will forfeit the fullness of your calling. In the next 90 days set specific goals in the following areas:

- Diet: What adjustments will I make to my food in the next 90 days? (Remember, a small change every 90 days makes a huge difference. Ex: no more soda.)
- Exercise: What specific exercise goals do I have for the next 90 days?
- Sleep: How many hours of sleep do I plan to get each night? How will I track this?

**4. Leadership/Life Management.** God has called you to LEADERSHIP; in your home, in his church, at work, and in your life. This looks different for everyone, but set goals for the next 90 days in leadership by asking:

- Where do I need to grow in my leadership? (If you aren't sure, just ask those closest to you...they know!)
- What books, resources, or training opportunities will I take advantage of in the next 90 days? (be specific.)
- Who will I meet with to mentor me in leadership in the next 90 days? How do I need to prepare for that meeting?
- What adjustments to my calendar and work habits can I make in the next 90 days to improve my leadership?

**5. Relationships.** Healthy relationships play a role in every area of growth in our lives. To grow in relationships, answer the following questions:

- Who are the top 5 relationships in my life?
- What will I specifically do to strengthen and deepen those relationships in the next 90 days?
- What changes in my schedule do I need to make for these relationships to flourish?
- What wasted time can I "redeem" to benefit these relationships?

**6. Finances.** Your management of your personal finances will determine to a large degree your freedom and flexibility in the future. Consider the following questions:

- In the next 90 days what improvements can I make to my monthly budget routine?
- How can I track what I spend more accurately?
- What spending habits would take me to the next level?
- What giving habits would take me to the next level?
- What saving habits would take me to the next level?

With these 6 areas, you are ready to develop a holistic personal growth plan. **For each of these areas, write down 3-6 specific areas of growth.** Watch how your act of faith will open the door for God to work miracles in your life!