

Yearly Goals {Brainstorming Questions}

Please keep in mind this is not an exhaustive list of questions. These are just a few ideas to get you started!

Spiritual	How will you grow spiritually this year?	Are there any specific ministries or causes you would like to support? How?	Are you giving of your time, money, and talents? How?	Are you regularly investing in eternal things or are you focused only on the here and now?
Personal	What do you want to learn this year?	What books will you read?	Is there a gift or talent that has been undeveloped in your life? How can you develop it?	How are your friendships? Do you need to invest more in them? How?
Marriage	How will you grow closer to your spouse this year?	Could you have a regular date night? What about a retreat away together?	Is there a part of your marriage that needs work (i.e. communication, sex life, friendship)?	Do you need counseling or outside help to resolve issues in your marriage?
motherhood	Is there a part of motherhood that is a struggle? Can you find help or encouragement?	In what ways do you want your children to grow over the next year?	Is "family time" a part of your life? What can you do to make it a regular occurrence?	What would you change in your relationship with your children? How?
Financial	Do you have any debt? Do you have a plan to get rid of it?	Do you have a savings account? An emergency fund?	In what ways can you trim your living expenses?	Are you giving to others? Why or why not?
Health/ Fitness	What is something you can change in your diet to be healthier?	What exercise or activity can you do to increase your fitness level?	Where do you want to be this time next year in regards to your health/fitness level?	Do you have a friend to keep you accountable for your fitness/health goals?
Home Skills Education	Do you have a cleaning routine? How are you doing with clutter?	Do you need to learn more about taking care of your house (menu-planning, maintenance, etc.)?	Are you happy with your educational choices for your family? Is there anything to change?	If you homeschool, do you have your plans mapped out for the rest of the year?
Business	Are you satisfied with your vocation? Would you like to try something new?	What do you need to learn or do to stay competitive in your current field?	If you own a small business, do you need to write or update a business plan?	Where do you want your business to be by the end of next year? How will you get there?