



## Goal Setting Sheet

Take some time in prayer as you consider the different areas of your life. You can take an honest assessment because we know we are so loved by our Father in heaven. Let this sheet guide you in love to help you determine the areas that you are being called to grow in. You will rate yourself and the areas that you score lower in are the areas so that you will want to set a SMART Goal in. Remember that your rating does not define your worth. Make your goal specific and time based. Share your goal with an accountability partner for encouragement and support.

<b>MIND</b>	
1- I feel I am doing poorly in this area.	
2- I am thinking about growing in this area.	
3- I have begun coming up with a plan for this area of my life.	
4- I have begun putting my plan into practice.	
5- I am doing awesome in this area.	
I spend time each week reading and learning and being open to new ideas	1 2 3 4 5
I have goals and dreams that I keep before my mind on a regular basis.	1 2 3 4 5
I practice gratitude on a regular basis	1 2 3 4 5
I have things in my life that bring me joy	1 2 3 4 5
I can manage my emotional health	1 2 3 4 5
Notes:	



# CROSSPOINT

## HEALTH & WELLNESS

REDEEMING MIND, BODY AND SPIRIT

### SPIRIT

- 1- I feel I am doing poorly in this area.
- 2- I am thinking about growing in this area.
- 3- I have begun coming up with a plan for this area of my life
- 4- I have begun putting my plan into practice
- 5- I am doing awesome in this area. I spend daily time in prayer.

I spend daily time in the word of God.

1 2 3 4 5

I spend daily time in worship & praise

1 2 3 4 5

I spend daily time in meditation.

1 2 3 4 5

I have a Sabbath as a regular part of my routine.

1 2 3 4 5

Notes:

### Nutrition

- 1- I don't even know what I am supposed to eat.
- 2- I have looked up my daily needs and I am thinking about how to make this happen.
- 3- I have come up with some meals that will help me meet my daily intake needs.
- 4- I have begun eating in a way that helps me eat my daily intake needs.
- 5- I meet my daily intake needs 5 out of 7 days.

I meet my daily requirements for protein.

1 2 3 4 5

[Go here](#) to find out your daily needs for protein.

I meet my daily requirements for fat grams.

1 2 3 4 5

[Go here](#) to find out your daily needs for fat.

I meet my daily requirements for carbohydrate grams.

1 2 3 4 5

[Go here](#) to find out your daily needs for carbohydrates.

I meet my daily requirements for water intake.

1 2 3 4 5

[Go here](#) to find out your requirements for water.

I do not exceed 24 -36 grams of sugar daily.

1 2 3 4 5

I meet my daily requirements for fiber. (21- 25 grams for women, 30-38 grams.)

1 2 3 4 5

Notes:



# CROSSPOINT

## HEALTH & WELLNESS

REDEEMING MIND, BODY AND SPIRIT

### Fitness

- 1- I do not move my body.
- 2- I think about moving my body.
- 3 -I have come up with a plan and been successful 1 time this week.
- 4 -I have come up with a plan and been successful 2 times this week.
- 5 -I have come up with a plan and been successful 3 times this week

*\*For a healthy heart you want to get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week*

Strength training

1 2 3 4 5

Cardiovascular training

1 2 3 4 5

Flexibility training

1 2 3 4 5

I move my body in ways I enjoy

1 2 3 4 5

Notes:

### Sleep

- 1-I feel I am doing poorly in this area.
- 2- 5-6 out of 7 nights I do not get to bed on time or do I sleep through the night.
- 3- 3-4 out of 7 nights I do not get to bed on time or do I sleep through the night.
- 4-1-2 out of 7 nights I do not get to bed on time or do I sleep through the night.
- 5- I get 8 hours of sleep per night.

I get enough sleep daily

1 2 3 4 5

Notes:

