

## DAY ONE Personal Goals & Accomplishments

Having goals is one of the keys to a satisfying life. They can provide motivation, focus, inspiration, purpose, and fulfillment. If goals are unfulfilled or unrealistic, they can create discouragement, frustration, hopelessness, and even depression. It is important to have personal goals, even when an individual gets married.

■ **List several goals you have accomplished over your lifetime.**

■ **List several personal goals that have yet to be accomplished.**

■ **List your personal goals for the following:**

--Future marriage:

--Future family:

--Future education:

--Career future:

--Financial future:

--Physical health:

--Spiritual health:

■ **In order, list the top five priorities in your life.**

1)

2)

3)

4)

5)

■ **Finish the statement, "The legacy I hope to leave is ..."**

### the Bible says

"A life devoted to things is a dead life, a stump; a God-shaped life is a flourishing tree."  
Proverbs 11:28

### worthy quote

"Fifty percent of what Billy (Graham) is, is due to his wife, Ruth. She is a strong person in his life, a confidant, a critic of constructive nature, a wise counselor."  
-- Harold Lindsay, friend and colleague of Billy and Ruth Graham

### the Bible says

"It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone."  
Ephesians 1:11