



WEEK 1: *Vision*

WELCOME TO WEEK 1!

This week we're focusing on VISION. The purpose here is to map out our vision for the year and bring it into clear focus. This will chart our course for the year and help us identify our longings, as well as our family's needs for the upcoming year.

Think of it this way...

I'm a firm believer that you can't chart a path for a destination by only looking at the stretch of road directly in front of you.

If you're in San Francisco and you want to drive to New York City, you can't start driving and just turn onto whatever road appears in front of you. You'd never even get out of the city - let alone cover long stretches of vast American landscape - without looking at a map, choosing a route, deciding whether you want to make quick time or enjoy landmarks along the way, and checking for road signs as you drive.

So as we refresh, mapping out where we want to go - whether we get there or not - as well as putting in place ways to know if we're heading toward our destination, is both important and invigorating.

As you likely noted in this week's podcast, there are seven steps to our master planning strategy, which are listed on this worksheet starting on page 2. You may choose to do the whole process all at once, like a mini-retreat, or you may set aside 15-30 minutes each day this week to think through each step individually.

Either way, you'll need a pen and something with lots of space to write on: a large piece of paper, a notepad, or a journal, for example. Give yourself plenty of space to write, draw, doodle, and otherwise get your longings and brainstorms on paper.

HAPPY ENVISIONING!

Be sure to listen to this week's podcast for greater insight into everything on this worksheet.



Master Planning...

1

Set out a BIG piece of blank paper or grab your journal - somewhere with lots of room to make notes. Then, leaving plenty of room in between each word, write down all the roles, activities, and other things that are important to you and the life of your family - big, small, and otherwise.

EXAMPLE: “mother,” “health,” “volunteering,” “finances,” “gardening,” etc

2

Under each role/item, write a few words naming the vision or longings you have for that role. For example, if you are a married woman, when you think of how you want to be the best wife you can be, what are words or images that come to mind?

In that example, I would write down “acts of service” and “wise” because I know my husband longs to be loved by me through acts of service and *I* long to be wise as he and I make major decisions together.

3

Under each word, write 1-2 short phrases naming the goals you have for that role in your life.

EXAMPLE: “I want weekends to be available to be outdoors with my kids”

EXAMPLE: “Save \$5,000 by the end of the year”

EXAMPLE: “Grow enough in the garden to preserve for the winter”

4

List specific projects or actions to move you toward the goals you’ve listed.

EXAMPLE: If you listed “attentive & patient” under “mother,” then you might list here “I will make it my habit to turn and look in my child’s eyes when they come to ask me a question.”

EXAMPLE: If you listed “Save \$5,000 by the end of the year,” you might list “Set a monthly date with my spouse to discuss family finances - where we’ve been and where we’re going”

continued...



5

List how you will measure your goals. This can be something simple, such as a checklist, or something more involved, such as a weekly meeting with an accountability partner. And yes, some of these are **HARD** to track, but even journaling can be a great way to have record of the progress or making weekly notes about the fruit you see blossoming.

EXAMPLE: If you listed “drink 8 glasses of water a day” under “health,” then create a log where you can check-off everytime you drink a glass of water and you have a visual record of how well you’re moving toward your goal.

EXAMPLE: If you listed “be a better listener” under parenting, jot a few notes at the end of each day about the things your teenage son talks about and if and when (and where) he confides in you. Surprisingly, when you read this at the end of the month or year, it’s often more revealing than you would have thought.

6

This step is somewhat optional, depending on the goals you’ve already named. However, if it is possible to divide each goal into monthly goals, it is certainly helpful to do so. This is - obviously - easiest with financial goals or other calculable goals.

7

Pray through your goals regularly. These are important things - you’ve named them because they are the most cherished and important parts of your life! - so pour out your longings, frustrations, and joys to God unabashedly as you walk this journey.

Three Habits for Productivity & Contentment

1. A successful day begins the night before. Sit and plan (or at least make note of) everything in the upcoming day before you go to bed.
2. No matter when your day starts, set aside time to tackle what is **IMPORTANT** before dealing with what is **URGENT**.
3. Add new routines and habits only at a pace of “Easy +1.”