



CHRIST *the* REDEEMER

Redeemer,

As we look to the end of one year and into the next year (and decade!), it is always helpful to reflect on how our year went. We often go through life without much reflection on what happened or why it happened. It is healthy and good to spend time thinking through and engaging with events of the past year to learn and grow. Even if you only take 30 minutes, that's better than nothing. I'd encourage you to take about an hour to fill this inventory out. Spend time before, during, and after in prayer—asking God to give you insight and wisdom as to how to grow in Christ-likeness.

May this new year be one filled with growth and love and grace!

Matt

REFLECT

What are three things you are thankful that happened this year?

- 1.
- 2.
- 3.

What are three things that were challenging this year?

- 1.
- 2.
- 3.

What are three lessons you learned this year?

- 1.
- 2.
- 3.

EVALUATE

On a scale of 1-10, how are you doing with your **health**?

1 2 3 4 5 6 7 8 9 10

Why that number?

On a scale of 1-10, how are you doing **financially**?

1 2 3 4 5 6 7 8 9 10

Why that number?

On a scale of 1-10, how are you doing **relationally**?

1 2 3 4 5 6 7 8 9 10

Why that number?

On a scale of 1-10, how are you doing **spiritually**?

1 2 3 4 5 6 7 8 9 10

Why that number?

PLAN

*As you plan out goals for your growth this year, it is important that they be **specific**. Instead of saying, "I want to grow spiritually", write "I want to grow in my knowledge of God's attributes." It's also important that your goals have a **deadline**. "I want to study 12 attributes by December 31, 2020." It's also important that you think through the **steps** to get to that point: "I will ask someone I trust to help me think through what 12 attributes that would be most beneficial. I will select twelve attributes to study. I will read a book each month on these different attributes."*

What are three goals you want to be **intentional** in this year to improve your **health**?

- 1.
- 2.
- 3.

What are three goals you want to be **intentional** in this year to improve your **finances**?

- 1.
- 2.
- 3.

What are three goals you want to be **intentional** in this year to improve your relationships?

- 1.
- 2.
- 3.

What are three goals you want to be **intentional** in this year to improve spiritually?

- 1.
- 2.
- 3.

YOUR STORY

As you think about this year in the context of your life as a whole, how did this year affirm what you most value? Consider in what ways there was a misalignment with what you value and what you did through the course of the year. Were you busy with what are your main priorities in life? How can alignment be improved? What are practical ways you can and plan to do this coming year to help you live a more holistic life?

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