

Your Best Year Ever

Set aside time with your spouse for a goal setting date to make this year your best year yet. Ask your mate these questions and record both your responses:

- As you look at the year ahead, what is the most important issue or goal you have on your heart for the coming year for *yourself*?
 - Wife:
 - Husband:
- As you look at the year ahead, what is the most important issue or goal you have on your heart for the coming year for *our marriage*?
 - Wife:
 - Husband:
- As you look at the year ahead, what is the most important issue or goal you have on your heart for the coming year for *our family*?
 - Wife:
 - Husband:
- What adjustments on the home front would make reaching these desires easier?
 - Wife:
 - Husband:

How are you planning to grow yourself:

- Spiritually?
 - Wife:
 - Husband:
- Physically?
 - Wife:
 - Husband:
- Emotionally?
 - Wife:
 - Husband:
- Socially?
 - Wife:
 - Husband:

- Academically or in your career?
 - Wife:
 - Husband:

What can I do to help you ?

- Wife:
- Husband:

- Can we write these desires into tangible measurable goals?
(Write on separate sheet)
- Can we create a personal motto, family or marriage *motto* for the year?

(Sample: *Proclaim Love Again in 2010*; *Family is First and Fine* in 2009 ; *Marriage and Money Great* in 08 (for a couple wanting to get out of debt). A friend of ours selected "Think Young" for a year in her mid-40's. Ours for 2008 was, "*Make God Great in 2008*" (Meaning make God's greatness known through a love worth following.) A married couple who was drifting apart made theirs', "Love again in 2010"—and guess what? They went from the brink of divorce to a vibrant and strong loving marriage before the Thanksgiving holiday.

Do you have a verse for the year that captures what you think God is saying to your heart? (To find a verse, select a few key words and place them into the word search on our [Crosswalk Bible Study Tools](#), and you'll get a list of verses to select from.)

Below are samples of verses I (Pam) have used in the past to motivate me to forward movement:

2008: (with a goal of becoming a stronger leader publicly and privately)

Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him. (2 Corinthians 5:9 NASB)

2006: (with a goal to take better care of myself)

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. (3 John 1:2 NASB)

Ours is:

We then memorize the verse and meditate on it daily.

Choose a word. Some of my friends prefer to have one word to capture or sum up his or her goals like:

- Focus
- Integrity
- Authenticity
- Family

My word is:

- Wife:
- Husband:

An easy way to gain success in goal setting is to use this word as your password, or create a screensaver or mousepad with your motto or symbol(s) of your goals on it. Record yourself saying your goals or your theme and verse on to your computer or smartphone.

The key to success is not just voicing your goals, but going back to your Outlook or Daytimer and schedule time to actually work on your goals. We also place a date to review our progress every three to four months.

For more on goal setting: See *10 Best Decisions a Couple Can Make*, *The Marriage Code*, or *10 Best Decisions a Woman (Man / Parent / Couple / Graduate / Leader) Can Make* books by Bill and Pam Farrel .

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