

Narrow the focus, be specific:

This year, I want to

When I accomplish this goal, I'll feel
What has prevented me from doing this in the past?
What safeguards can I put into place to prevent that from happening now?
When I complete this goal, my life will change in the following ways
Each month I'll review my progress by
What quote or Bible verse will I commit to memory to encourage myself not to give up?

Isaiah 43.9 For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.

Remember, SMART goals are specific, measurable, actionable, realistic and time-bound