



2024 Vision & Goal Planning Worksheet

2024 Vision

Vision is God-given, while ambition is man-made.

Your imagination is a preview of life's coming attractions. – Albert Einstein

CREATE A 2024 vision board is a tool you can use to help keep your vision in front of you. A Vision Board is a collage of images and words that that you should display in a prominent place to remind you WHY you do what you do every day; images and words that spark your motivation and remind you of your values, goals, or dreams. It is filled with things that inspire you or leave you feeling happy. It is any sort of board (a notebook, poster, computer, iPad etc.), on which you display images, pictures, quotes, scriptures etc., that represents whatever God has called you to be, do or have in your life.

START a 2024 journal ~ document your life events, goals, vision, dreams, and testimonies...

Habakkuk 2:2

“And the Lord answered me, and said, Write the vision, and make it plain upon tablets, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it, because it will surely come, it will not tarry.”

Year in Review 2023:

1. *What accomplishments did you see in 2023?*
 2. *What new skills or good habits did you acquire?*
 3. *Looking back over the past 12 months what do you feel good about?*
 4. *What has been your most significant learning in 2023?*
 5. *What would you have done differently?*
-

Whole Life Prosperity – Write Your Personal Goals for 2024

- **Spiritual** – Your spiritual life touches EVERY part of your life ~ Attend religious services, read religious publications, meditate and pray more, more effort in loving and serving others.

 - **Soul** – Mind, Will and Emotions ~ Life follows your most dominant thoughts and imaginations. Personal Development, Self-Improvement, Mindset, Reading, writing, improve vocabulary.

 - **Physical** – Our health is our wealth ~ Sports skill, different weight, eating right, exercise schedule

 - **Family** – Balance your life and build healthy relations ~ Quality time, relationship with spouse, children, parents, relatives, new family activity.

 - **Financial** – Wealth is like a strong city and poverty is destructive ~ Retirement savings, Investment, Education Fund, Business Capital

 - **Social** - Make new friends ~ Dress & look your best, club activities, New Recreational pursuits.

 - **Professional** – Study to improve yourself ~ Continuing Skills or Education, Management Promotion.

 - **Community Support** - Service Organizations, Volunteer Work, Civic Office or Committees.
-

2024 ~ Identify and write down your purpose and passion (Walk in purpose on purpose)

You were created to solve a problem. Identifying and solving those problems provide favor and the flow of financial provision. Your gifts and skills are clues to the problem you were created to solve. Your gift is revealed by what you love. Money is a reward for solving a problem.

Passion vs Purpose: Passion is about your emotions while purpose is the reason behind those emotions. Or passion is about the 'what' ("I'm passionate about ____") and purpose is about the "why" ("I am here to accomplish ____"). Or, that passion is about yourself while purpose is what you are here to serve to others. **WRITE IT DOWN!**

How Do You Accomplish Your Goal?

1. Define the goal.
2. If your goal is long term, set shorter "sub-goals" that will help you accomplish it.
3. Identify small steps to achieve each sub-goal.
4. Consider the possible obstacles to your goals and brainstorm solutions to each.
5. Take time to reassess your goal periodically. Be resilient! Modify your goal if necessary.

Key Steps to Achieve Your Goals in 2024

1. Renew your mind – Beliefs make up your self-image.
2. Guard your mouth – Confessions of your mouth come to pass.
3. Walk in love – Faith works by love; business is about relationships.
4. Be a giver not a taker – what you sow, you shall reap.
5. Be accountable.
6. Your success is wrapped up in your daily successful activities.

Visualizing Your Life / Business (*Write it Down*)

Form a clear mental picture of your successful SURGE365 business and hold this picture in your thoughts with fixed PURPOSE to get what you want, and unwavering FAITH that YOU DO get what you want... ***Whatever the mind can conceive and believe—it can achieve!***

How to Set and Obtain Spiritual Goals – (Pastor Cho: "The 4th Dimension")

STEP 1: Set a faith goal. A clear-cut objective - write it down and see it clearly. Your heart should skip a beat when you read it.

STEP 2: Passionately pursue the desire. See it, live it, sleep it, walk it... Know that the Lord will satisfy the desires of your heart.

STEP 3: Pray and believe for the Assurance. Pray until you receive the assurance. With the assurance, your faith will reach out and grab hold of your objective.

STEP 4: Command and speak it. Claim it and give the Word. When you speak it the Word goes out to create it. Signs and wonders shall follow.

Write Your Personal Affirmations for 2024

What Is an Affirmation?

- *Affirmation* is a declaration that something is true
- Self-talk or inner dialogue
- A reflection of our inner truth or beliefs—True or False
- An affirmation is a carefully formatted statement that should be repeated to oneself and written down frequently.

Applying Affirmations

- You can use "**Positive Affirmations**", which are usually **short positive statements** targeted at a **specific** subconscious set of beliefs, to challenge and undermine **negative beliefs** and to **replace** them with **positive self-nurturing** beliefs.
- It is a kind of "**brainwashing**" only you get to choose which **negative beliefs** to **wash away**.

Why Affirmations Work

- Reprogramming the subconscious
- The mind instinctively responds to something it believes to be true
- Continually repeating affirmations with conviction and passion will chip away at even the strongest resistance.
- 21 Days to form a habit and complete transformation in 2 years!

Writing Affirmations

- For an affirmation to be effective, it needs to be...
 - Present tense, Positive, Personal, and Specific.

How to create your own affirmations

- Start by taking some time to think about areas in your life you would like to improve and how you might want your life to be.
- Write the most important ones down in a list.
- Now look at each item on the list and write out a few positive statements for each. They must be positive and in the present tense, focus on what you **do** want, **not** on what you don't want.
- Creating your own affirmations is the perfect way to get the right affirmations for you.

The New You

- Because affirmations reprogram **your thought patterns**, they change the way you think and feel about things, and because you have **replaced dysfunctional beliefs** with your own new positive beliefs, **positive change comes easily and naturally**.
-

How to make affirmations work better for you (practical)

Ensure Mental Clarity: Before affirming, attain mental clarity. Practice affirmations after meditation or in the calm moments after waking up. Take few minutes before your affirmations to center yourself because when your intention is clear and your conscious mind is still, your subconscious is more imprintable.

Cultivate Heart Coherence: Sustain elevated emotions like gratitude and joy. Think about things that generate feelings of joy, gratitude and appreciation for two minutes before affirmations.

Emotionally Connect to Affirmations: Instead of just uttering words, connect emotionally to your affirmations. Feel the essence of what you're affirming to amplify their impact.

Gradual Affirmation Building: If your affirmations feel distant, build them gradually. Start with statements that feel more aligned with your current state and progressively move towards stronger affirmations.

Cleanse Your Self-Talk: Pay attention to negative self-talk and gradually eliminate phrases that hinder your progress. Shift your language towards positive, empowering statements.

Consistent Practice is Key: Consistency is crucial. Make affirmations a regular part of your routine to allow them time to resonate and produce noticeable results.

My Top 10 Positive Affirmations to Start 2024

1. I am _____
2. I am _____
3. I am _____
4. I am _____
5. I am _____
6. I am _____
7. I am _____
8. I am _____
9. I am _____
10. I am _____
