



Visions and Goals for the year 2025

God wants to be apart of every area of your life.

Christian Journaling can help you explore your emotions, reflect on difficult situations and help you set personal goals to keep you motivated and focused on God.

Christian Journaling involves creating a Vision Board that aligns your path and goals with faith and God's guidance.

Habakkuk 2:2

**“Write the vision, and make it plain upon tablets,
that he may run that readeth it.”**



This leaflet will help you write down your goals, so that you know exactly what you are striving for in 2025 and can look back on all the promises God has fulfilled for you!

Here's a step-by-step guide:

1. Pray for Guidance

Begin by seeking God's direction and wisdom. Pray for clarity, and the Holy Spirit's guidance in identifying your goals and desires.

Proverbs 3:5-6: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

2. Define Your Purpose and Goals

Reflect on areas of your life where you want to grow, such as spiritual growth, relationships, career, business or health. Write down specific goals that align with God's purpose for your life. Use the sections in this leaflet as a starting point.

3. Find Scriptural Support

Add Bible verses that inspire you and align with your vision by faith. For example:

Faith and Perseverance: Philippians 4:13, "I can do all things through Christ who strengthens me."

Guidance and wisdom: Psalm 119:105, "Your word is a lamp to my feet."

Healing and Good Health: 3 John 1:2 "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

4. Pray Over Your Vision Board

Dedicate your vision board to God. Spend time praying and meditating on the goals and scriptures. Ask God to bless your plans and help you accept his will.

5. Trust in God's timing – Remain open to His direction.

6. Celebrate and Update

As you achieve milestones and experience God's blessings, update your leaflet with gratitude and give thanks for answered prayers and progress. This practice helps you stay focused on God's promises and remain motivated as you work towards your goals.

7. Keep in Touch – with The Wellbeing Support

Follow our blog and Email us for a new leaflet for 2025
(Website and email address - details here)

Remember: To fully lean and trust God to direct your paths.
Stay motivated and focused by connecting to God.
Jeremiah 29:11, "For I know the plans I have for you."





Goals: Spiritual Growth (*Walk with God / Work for God*)

Goals: Physical / Health

Goals: Family / Relationship

Goals: Finances / Investment / Saving

Goals: Career / Education / Business

Visions and Goals for 2025

Goals: Prayer Points for 2025

Goals: 5 Year Plan for 2025 – 2030

Any Other Goals

And if you have time ...

Please try creating a poster Vision Board

Using the goals you have written down, you can include visuals such as pictures, quotes and decorative items that represent your goals and God's promises. Please see the example below:

