

Reclaim Your Goals with G.R.A.C.E.

A Simple, Soulful Guide to Setting
Goals You'll Actually Achieve





Why Goal Setting Matters

"A goal properly set is halfway reached." - Zig Ziglar

Life is busy. Between caring for your home, your people, and all the things that fill your calendar, it's easy to push your own goals to the back burner. Maybe you've set goals before and felt disappointed when you didn't reach them. Or maybe you're afraid to even start because you've tried... and "real life" got in the way.

Take a deep breath. Goal setting isn't about adding more pressure to your already full life. It's about bringing order, clarity, and hope – with God right at the center.

The Bible reminds us: "Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty" (Proverbs 21:5 NLT). When we pause, pray, and plan with intention, we can create the space for God to work in our lives and homes.

As Tony Robbins says, "Setting goals is the first step from turning the invisible to visible." Today is your chance to take the dreams in your heart – even the tiny, hidden ones – and bring them into the light.



Setting S.M.A.R.T. + H.E.A.R.T. Goals

You've probably heard of S.M.A.R.T. goals (Specific, Measurable, Achievable, Realistic, Time-bound). They work because they turn vague dreams into clear action steps.

Here's a faith-centered twist I created – the H.E.A.R.T. approach:

- Hope-filled: Inspires you and points toward God's promises
- Energizing: Makes you feel excited to work on it
- Aligned: Matches your values and season of life
- Realistic: Can be accomplished with your resources and time
- Time-framed: Has a clear start and finish date

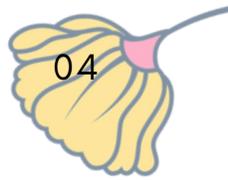
💡 Tip: Focus on three goals at a time – enough to challenge you, but not so many that you stall out.

Example from my own home office:

1. Sort all paper clutter into "To Shred" and "To Digitize" piles by April 24th.
2. Create labeled zones for business, hobbies, and memories by May 1st.
3. Add a whimsical, inspiring style element based on my Pinterest design board by May 8th.

When you set goals like this, you can see exactly what "done" looks like.





The G.R.A.C.E. Goal-Setting Process

Step 1: Pray & Dream – Invite God into your planning. Journal freely about what you'd love to see happen – in your home, your relationships, your work, your health. No editing.

Step 2: Envision the Outcome – Close your eyes and picture it. What does your finished goal look like? Smell like? Feel like? How will life be different?

Step 3: Choose Your Top 3 Goals – From your brainstorm, circle the three that will have the biggest impact on your life and home right now.

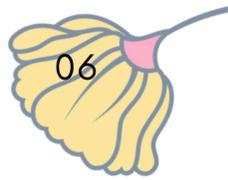
Step 4: Break Them Down – List the first three small steps for each goal. (Julie Morgenstern says anchoring new actions to existing routines is the key to success.)

Step 5: Schedule Check-Ins – Add weekly or monthly review times to your calendar to celebrate wins and adjust if needed. (Amy Porterfield calls these “CEO Dates” with yourself.)

Prayer Prompt:

Lord, align my goals with Your will. Give me the wisdom to choose what matters most in this season, the courage to take the first step, and the perseverance to finish well. Amen.





You will achieve grand dreams, a day at a time, so set goals for each day—not long and difficult projects, but chores that will take you, step by step, toward your rainbow. Write them down, if you must, but limit your list so that you won't have to drag today's undone matters into tomorrow. Remember that you cannot build your pyramid in twenty-four hours. Be patient. Never allow your day to become so cluttered that you neglect your most important goal—to do the best you can, enjoy this day, and rest satisfied with what you have accomplished.

-OG MANDINO

S.M.A.R.T.

Goals

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE S.M.A.R.T. STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S

SPECIFIC

WHAT DO I WANT TO ACCOMPLISH?

M

MEASURABLE

ARE THERE MARKERS THAT I CAN MEASURE SO I KNOW WHEN THE GOAL IS COMPLETED?

A

ACHIEVABLE

HOW CAN THE GOAL BE ACCOMPLISHED? IS IT POSSIBLE?

R

RELEVANT

IS THIS WORTHWHILE FOR ME OR MY BUSINESS? WHY?

T

TIME BOUND

WHEN DO I WANT THIS GOAL ACCOMPLISHED?

H.E.A.R.T.

Goals

NEED A GRACEFUL APPROACH TO GOAL SETTING? TRY OUT MY H.E.A.R.T. APPROACH. USE THE SPACE BELOW TO CREATE YOUR GOALS.

H

HOPE-FILLED

INSPIRES YOU AND POINTS TOWARD GOD'S PROMISES

E

ENERGIZING

MAKES YOU FEEL EXCITED TO WORK ON IT

A

ALIGNED

MATCHES YOUR VALUES AND SEASON OF LIFE

R

REALISTIC

CAN BE ACCOMPLISHED WITH YOUR RESOURCES AND TIME

T

TIME-FRAMED

HAS A CLEAR START AND FINISH DATE

2026 Goals

**YEARLY
GOAL**

**QUARTERLY
TOUCHESTONES**

**MONTHLY
MARKERS**

**WEEKLY
ACTIONS**



Goals Resources

“A goal properly set is halfway reached.”

Zig Ziglar

- Renowned Productivity Expert on Organizing, Goals, & Time: <https://blog.rescuetime.com/julie-morgenstern/>
- Huge fan of this goal-setting planner: <https://cultivatewhatmatters.com/> & her blogs: <https://cultivatewhatmatters.com/blogs/cwm>
- Tony Robbins Blog on Goal Setting: <https://www.tonyrobbins.com/ask-tony/can-create-compelling-future/>
- Amazing Zig Ziglar Resources: <https://www.ziglar.com/>
- 10X Your Goals - A New Way to Look at Goal Setting: <https://www.amyporterfield.com/2024/11/730/>



Goals Resources

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Tony Robbins

BOOKS

- ***10X Is Easier than 2X:*** <https://amzn.to/4n1ZM9o>
- ***GOALS*** by Zig Ziglar: <https://amzn.to/4mCA63C>
- ***Essentialism:*** <https://amzn.to/4oWeMaB>
- ***Think and Grow Rich:*** <https://amzn.to/41r0J2U>

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