

If you want to foster hope in a hopeless world, you have to start identifying goals. Take a moment and answer the following questions:

In what area(s) of life do I experience discouragement, possibly hopelessness? Different areas may include:

- physical health (e.g., diet, exercise, getting a physical from your primary care physician)
- emotional health (e.g., overcoming depression, having meaning in life)
- relationships (family, friendships, romantic relationships)
- vocation
- finances
- spiritual health
- personal safety/security

Write them below.

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Next, take each area and identify where you would like to be in that area in the next year. This is you beginning to establish a long-term goal, or vision, for your life in these areas.

Area	Long-Term Goal(s) - One Year

Finally, take each goal and break it down into 90-day objectives. In other words, ask yourself, "What are a few things I can do in the next 90 days that move me towards my goal?" Write them below:

Area	Long-Term Goal(s) - One Year	90-Day Objectives

Additional Notes:

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