

Week 1

SMART GOAL

Specific **M**easurable **A**ttainable **R**elevant **T**ime- Specific

GOAL# _____

Obstacles	Resources	Action Steps

Week 2

Fervent Prayer Guidelines

Pray

Find scriptures that have promises for what you need and give thanks to God for who he is and what he does.

Purity: Ps: 73:26, 2Pet.2:9, 1Cor.10 13 Rom. 6:12-14.

Hurts: Lk. 17:4, Eph, 4:31-32, Matt. 5:44-55, Mark 11:25, Rom. 12:19-21

Past: 2Cor. 12: 9, 2Cor. 5:17, Isa.14:16, 18-19

Family: Ps.78:6-8, 8:18, 1Cor.7:17, Tit. 2:4-5, Ps. 128

Identity: Eph 2:10, Isa. 49:16, Jude,24-25, Eph.5:8-9.

Repent

Examine your feelings and behaviors and ask God to forgive you of those areas that don't honor him and that you are willing to **turn away** from.

Ask

What do you want? God wants you to ask for it. Identify the hindering spirits that are involved. Bind them and loose the opposite. For example bind hatred loose love; bind fear and loose faith. **(See Prayer resource Negative and Positive spirits)**

Yes

Thank God for the answer that you expect before you see the manifestation. Seal it with a scripture promise.

I am set free. (John 8:32)

He gives me the desires of my heart. (Psalms 37:4)

My sins are forgiven. (1John 2:12)

Week 3

CORE VALUES INVENTORY

LIFE CATEGORIES	ASPIRATION VALUE	ACTUAL VALUE
SPIRITUAL		
MARRIAGE/SINGLE		
FAMILY AND CHILDREN		
WORK		
CHURCH MINISTRY		

Instructions: If you are practicing a value listed in the Life Categories, document your value statement in the **Actual Value Column**, If you are not practicing the value now, but plan to in the future document what you intend to do in the **Aspiration Value Column**.

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Week 3

CORE VALUES INVENTORY

LIFE CATEGORIES	ASPIRATION VALUE	ACTUAL VALUE
FINANCIAL STEWARDSHIP		
PHYSICAL STEWARDSHIP		
PERSONAL DEVELOPMENT		
SOCIAL STEWARDSHIP		
RECREATION AND HOBBIES		

Instructions: If you are practicing a value listed in the Life Categories, document your value statement in the **Actual Value Column**, If you are not practicing the value now, but plan to in the future document what you intend to do in the **Aspiration Value Column**.

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Week 3

CORE VALUES INVENTORY (Sample)

LIFE CATEGORIES	ASPIRATION VALUE	ACTUAL VALUE
SPIRITUAL		I value spending quiet time with the Lord daily and listening to his voice
MARRIAGE/SINGLE	I know my body is a temple of the Holy Spirit and I need to discipline myself so I avoid being in situations where I am tempted to have sex before marriage.	
FAMILY AND CHILDREN	I need to spend more time with my grandmother who is in the nursing home	
WORK		I am committed to put 100% effort toward reaching my sales goals.

CHURCH MINISTRY		I am sincere in working with the youth at my church to help them desire to live in moral integrity.
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Week 3

CORE VALUES INVENTORY (Sample)

LIFE CATEGORIES	ASPIRATION VALUE	ACTUAL VALUE
FINANCIAL STEWARDSHIP	I am planning to tithe 10% of my income.	
PHYSICAL STEWARDSHIP		I am passionate about being healthy so I eat a vegan diet and exercise five times a week.
PERSONAL DEVELOPMENT		I eagerly look forward to take continuing my education classes in business so I can make career advancement .
SOCIAL STEWARDSHIP		I thrive on showing my thoughtfulness to family and friends on their birthdays and anniversaries.

RECREATION AND HOBBIES		I take every opportunity I can get to play chess. It is so relaxing.

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Week 3

Values

Accomplishment	Drive	Joy	Security
Accountability	Empathy	Justice	Self-reliance
Achievement	Empower	Kindness	Selfless
Adaptability	Endurance	Knowledge	Sensitivity
Alertness	Energy	Lawful	Serenity
Ambition	Enjoyment	Leadership	Service
Assertiveness	Enthusiasm	Learning	Sharing
Attentive	Ethical	Liberty	Significance
authenticity	Excellence	Love	Simplicity
Balance	Exploration	Loyalty	Sincerity
Boldness	Family	Mastery	Skillfulness
Bravery	Famous	Maturity	Smart
Calm	Fearless	Meaning	Solitude
Capable	Fidelity	Motivation	Spirit
Careful	Focus	Openness	Spirituality
Certainty	Foresight	Optimism	Stability
Challenge	Fortitude	Order	Stewardship
Charity	Freedom	Organization	Strength
Cleanliness	Friendship	Passion	Structure
Comfort	Fun	Patience	Success
Commitment	Generosity	Peace	Support
Communication	Genius	Performance	Surprise
Community	Giving	Potential	Talent
Compassion	Goodness	Power	Teamwork

Competence	Grace	Present	Temperance
Concentration	Gratitude	Productivity	Thankful
Confidence	Greatness	Professionalism	Thoughtful
Consistency	Growth	Prosperity	Tolerance
Contentment	Happiness	Purpose	Tranquility
Control	Hard work	Quality	Transparency
Cooperation	Harmony	Realistic	Trustworthy
Courage	Honesty	Reason	Truth
Courtesy	Honor	Recognition	Understanding
Creativity	Hope	Reflective	Unity
Credibility	Humility	Respect	Victory
Curiosity	Innovation	Responsibility	Vision
Decisiveness	Inquisitive	Restraint	Wealth
Dedication	Insightful	Results- oriented	Winning
Dependability	Inspiring	Reverence	Wisdom
Determination	Integrity	Satisfaction	Worship

Week 4

My Story

Write a summary about your life and include statements about the questions below. Submit a copy to your coach before the next coaching session.

Describe the circumstances beyond your control: Birthplace, neighborhood, parents

What are your spiritual gifts, skills, talents, abilities and awards?

What have you been trained to do and where has most of your work experiences been?

What do you have a passion for?

Where has your best fruit in life been?

What event has stood out as a valuable experience?

What have you learned from any negative life experiences?

What has God spoken to you about your purpose or destiny?

What have others affirmed about your purpose?

Week 5

What are the Stages of Heterosexual Relationships?

Exploration

Christians may seek potential dating partners at church, through friends, at work, or online (cautiously). But singles should desire to meet Christians. The Bible commands that one should seek fellowship with persons that have like beliefs them. They are to look for commonality in each other's interests and hobbies, dress with modesty and communicate ways that reflect Christ—no cursing, seductive language, flirting, or berating others.

Friendship

Christians should will relate to each other through on mutual interests and seek to get involved in group activities with other Christian friends. They may also do ministry projects together. But they should not relate exclusively with a person of the opposite sex by ruling out of others until they get to know more about one another. Each individual may want to find out information about the other person's family and the couple should avoid meeting in secluded locations that might provide an opening for physical intimacy.

Committed

At the point of commitment, the couple should agree to explore whether there is to be a long-term relationship. Emphasis needs to be focused on building-up one another's character. It would be wise to practice group dating and shun a lot of alone time to avoid sexual temptation. Also, it is recommended that serious couples attend Christian conferences, listen to Christian CD'S and watch Christian videos. The pair should keep their dating options open, but inform their partner when they do see another person. It's also advised they avoid purchasing expensive gifts for one another or one taking on the other's financial obligations.

Pre-Engagement

The committed couple should discuss basic areas of life to see if they are compatible. Disclosure should be made about major debt, health issues, desired number of children, home ownership, etc. All the non-negotiables should be discussed. The couple should receive marriage

counseling to help determine if it is God's will for them to marry. And it would be beneficial for the couple to complete a temperament inventory or other assessments to determine areas of strengths and possible difficulties in their union. The couple should remain celibate.

Engagement

Once the couple officially becomes engaged, they should set the budget for the wedding and stick to it. If they are having a public wedding, they might consider designing the ceremony with a memorable theme so the attendees will have a renewed appreciation for God's design for marriage. They should remain celibate.

Marriage

Once married, Christians need to put God first. They should pray together and attend church weekly along with reading and studying the Bible. The couple should seek to discover what is sexually satisfying to each other. However, they must abstain from perverse sexual activities—pornography, frequenting strip clubs, and anal and oral sex. Marriages need nurturing so the pair should attend couple Bible studies and retreats. When difficult times come, and they will, the couple should seek Christian counseling.