

Yearly WELLNESS GOALS

WELLNESS GOALS FOR MY MIND

How will you sharpen and cleanse your mind this year? What are your goals?

WELLNESS GOALS FOR MY BODY

How will you develop a healthy, strong, active lifestyle this year?
What commitments will you make? Who else will you involve?

WELLNESS GOALS FOR MY HEART

How will you establish and maintain healthy relationships this year?
Who needs your support? What needs to be forgiven/forgotten?

WELLNESS GOALS FOR MY SOUL

What season of faith are you in? What is your prayer plan? Giving plan? Evangelism plan?
What commitments will you make? What questions do you have for God?
What is my bible reading plan?
