Mind

How will you sharpen and cleanse your mind this year? What are your goals? What is your Bible reading plan?

Body

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

Heart

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

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?