

GOALS CALENDAR POSTER USER GUIDE



**DAILY
RECORD YOUR
RESULTS**

**WATCH YOUR
LIFE TRANSFORM**

Tips for Effective Use of the Spirit Life Training Goals Calendar Poster

Where to hang it? – I recommend that you hang it somewhere you will be able to see it in the morning, and will be able to spend a few moments deciding on a quality goal for the day. It doesn't have to be public, but it should not be in a place where you can pass it by quickly and ignore it. If you find you can ignore it easily, its very presence will ultimately become a discouragement- which is not what we want. So find a thoughtful place for it.

When to use it? – **Ideally, it is important to read through Spirit Life Training first and utilize the embedded Study Guide to start getting used to the exercises. After you have fully gone through the book, it will be quicker to plan daily goals based on what you personally would like to work on. There are many great ideas in the book that you can translate into your own personal goals.** Use your imagination and be creative! There are so many possibilities.

How to write on it? -There is not enough room for an essay for each day, and the point is to make your goals concise (more on that in a moment). However, I advise not to use a fat marker for obvious reasons. A fine-tipped marker is a better choice. Also, do not use a marker or pen that can smudge. One tip is to find a glossy piece of paper or glossy advertisement as a test surface beforehand. Unfortunately, dry erase markers are not an option to make the poster re-usable. If you would like to laminate it, then this is a possibility for you.

How to choose goals for the day? –After going through the chapter(s) that the week's topic focuses on, you will be able to more clearly plan goals for each day of the week. You can either plan these goals day by day, or you can take time on Sunday to plan out the entire week's daily goals. We recommend you choose only ONE goal for each day (that you put on the calendar). You may be ambitious and want to do more each day (which is fine and good) but simple, steady, and daily goal achievement really helps build momentum in your life.

To choose your goals, I recommend using the SMART method.

S - specific, significant, stretching

Your goal for the day needs to be well-defined, and is something that you want to see happen. A poor example would be for the Intellect- "Get rid of Pride" –this may be significant, but it isn't specific enough. Find a specific action you can do to grow in humility- such as "ask God 5 questions today, and wait for the answers." Or if you want to grow your affections toward the Holy Spirit in the week of 'Holy Spirit Relationship Action Steps', you can write for Wednesday 'Close eyes and sing two love songs to H.S.' It is specific, it is significant and it may be stretching for you if you have not been in the habit of doing this. For your RESULT- it is important to note what that action/experience resulted in for you personally. "New release of emotions- new sense of the reality of the H.S.'s love to and through me." Or "Received a prophetic song from His heart to mine" A number of reactions could take place. Your area to write in is small, so write down what was the most significant milestone for you.

M- measurable, meaningful, motivational

You need to know when the goal has been achieved. Something must move from point A to point B. Ex. If you want to train your body, a goal for Tuesday could be "Walk 20 minutes after

lunch time” or “Do 20 push-ups 3x today” or “Go to sleep by 9pm” or “Don’t eat ‘sweets’ today.” When the day is done, you will know that either the goal was accomplished, or it wasn’t.

A- agreed upon, attainable, achievable, acceptable, action-oriented

The goal needs to be attainable for you within your environment. If you are going to pray in strong tongues all night and keep your family awake- this would not be acceptable and probably not attainable right away either. Either this goal or your environment needs to be adjusted so it is achievable and agreeable.

R- realistic, relevant, reasonable, rewarding, results-oriented

Make sure the goal is within your availability of time, knowledge and resources. If you wanted to train your memory over your lunch hour on Friday by greeting each person in the restaurant, and memorizing each one’s name, that might not be realistic at that point. A better daily goal would be to “Greet 5 new people and memorize their names.” At the end of the day you would be able to write their names down, note any soulish or spiritual effects that this result had on you. Ex. “Greater compassion for these individuals, clarity in my spirit, W.o.K. (word of knowledge) for (name(s)).”

T- time-based, timely, tangible, trackable

It is a good idea that most of your goals are able to be completed by a certain time of the day. This is the purpose for the check box at the top left corner of each day. When the goal is completed, and the result recorded, that is the time to check the box. There might be times when the goal will not be completed during that day. This does not imply that it was a bad goal, but the unchecked box will be a reminder that it is a goal that does need completion.

For example: You may put a goal on Tuesday for the body week “Be able to see abdominal muscles.” Can you complete that goal? There is quite a bit of lifestyle change and physical discipline that might be required with this goal for the rest of the 70 days. If you can count the cost and let that open checkbox be a motivating factor to daily put the work in to see that happen, than this is a great timely goal- even though it wouldn’t be completed in a day.

Finally, remember the whole goal of the training. To be able to align, clarify and release the spiritual nature that God has given you. Determine with your will that you demand these things to happen in your life/environment and use your faith in God that He will undertake in these endeavors with you. The Holy Spirit is your Teacher and Helper. Discuss with Him what would be good goals for you, and when they are completed, ask Him to help point out what the true results were. He will be able to help point out the unique effects that are the most significant for your life and calling.

Realize that the space to write on the calendar itself is for short concise notes that are legible and meaningful for you. These notes should be enough to trigger your memory and imagination into action. It is a good idea to have a journal where you will be able to expound on the things you are experiencing and learning. This journal will be a great reference source when you are able to look back, see the notes on the poster and want to find out more about what happened concerning that goal.

We look forward to hearing your testimonies and results! Feel free to email us with these at spiritlifetraining@gmail.com.

