

## Newsletter: Equip 01/21/25



### Goal Setting and Aligning with Purpose in the New Year

In reflecting on the start of this new year, we are reminded of the deep connection between goal setting and spiritual growth. Setting goals is often seen as a practical pursuit, but when we align our intentions with a sense of higher purpose, these goals can serve as powerful pathways to inner transformation. In this new year, we encourage you to be mindful of not just the goals you set, but the energy you bring to them to reflect your true essence and divine path. Therefore, this Equip newsletter serves as a resource to be able to help you effectively set goals for 2025 but also to support a new you in this new year.

### Steps to Making Good Goals: Focus Themes and Questions

#### 1. **The Power of Intention**

- a. Clarify your intentions
- b. Questions to ask yourself:
  - i. What is it that I truly desire, not just in the material realm, but in my soul's journey?

#### 2. **Spiritual Alignment**

- a. Commit to setting goals that are not only measurable but also aligned with your higher self
- b. Questions to ask yourself:
  - i. How does this goal serve my growth, personally or spiritually?
  - ii. Will it bring me closer to understanding my purpose?
  - iii. Will it allow me to be more present, compassionate, and loving toward myself and others?

#### 3. **Mindful Planning**

- a. Journaling: Writing can be a grounding tool
    - i. Write your goals to keep yourself accountable, revise if necessary
    - ii. Make time to reflect on your progress
  - b. Meditation and Prayer:
    - i. Dedicate daily time for meditation and prayer to gain clarity and focus
  - c. Education:
    - i. Look at different sources for wisdom to guide you like "The Power of Now" by Eckhart Tolle and other resources shared in the next section
4. **Embracing Flexibility and Faith**
- a. Acknowledge that life is unpredictable, and your goals may shift as you grow so be flexible
  - b. Goal setting is not in achieving perfection, but in growing into the person you are meant to become with faith
5. **Gratitude for the Journey**
- a. Practice gratitude daily, appreciating the small steps, the lessons, and even the challenges that come with working toward my goals
  - b. Say to yourself: *I trust that I am exactly where I need to be, and every step forward is an act of grace.*

With these steps, we hope you are able to set goals for this new year with intentions to grow, learn, and serve. May each goal you pursue be a reflection of inner light, and may your path be illuminated with divine wisdom and filled with God's love.

Philippians 4:13: "I can do all things through Christ which strengtheneth me"

**Resources:**

[Goal Setting Exercises](#)

[A Blog on Faith Based Goals](#)

[Ayelet Fishbach: How to set the right goals and stay motivated | TED Talk](#)

[Set Goals God's Way • Transformed • Ep. 6](#)

[Sarah Jakes Roberts: Don't Settle for Safe in 2025 - Step Into Your Purpose! | Women of Faith on TBN](#)

**TIME FOR CHANGE | New You, New Mindset**