

“Let us examine our
ways...” Lam. 3:40

Reflect into 2019

*“We underestimate the
magnitude of what can happen
when we live intentionally.”*

Dr. Caroline Leaf

Some components of a reflection & planning day:

- Reflection (key moments and gratitudes)
- Life lessons (the things I’m growing in)
- Goals (my focus)
- Learning (expanding soul & skill)
- Tentative plans (calendar)
- Pray through (recognize Who’s in control)

Resistance to change is alive & well in all of us; that’s why we need this!



In a group or individually,
take some time to:

- Look back prayerfully at last year's ups & downs with honesty and gratitude. Use posts you've made, your journal or your memory.
- Collect lessons learned, write down things that are sinking into your soul and life.
- Craft outcomes you will focus on this coming year according to your understanding of who you're becoming.
- Decide what new learning you need to take on for your growth. Ask God for His words to you. (Heb. 4:12)
- Take control of your schedule before it takes control of you!
- Pray throughout – when you have your priorities laid out on your calendar – Pray God's wisdom, grace, strength into each plan.

You need this for your passion and purpose! You need to stop and look back, gather, glean and solidify, then be aware of where you are now in your growth. I go through my journal making notes. I keep track of the books I've read and the ones I want to read. I work on next year's calendar with my husband. Then I pray God's wisdom, my longings, faith into each month.

Contact me if you'd like some coaching on this! djscott@swissmail.org



“When you're young you make your choices and when you're old, your choices make you.” CS Lewis
