

## Visioneering Retreat 2019<sup>i</sup>

### Proverbs 29:18 (TPT)

When there is no clear prophetic vision, people quickly wander astray. But when you follow the revelation of the word heaven's bliss fills your soul.

### EXERCISE 1: DREAMING WITH GOD

Gary Keller and Jay Papasan wrote in *The ONE Thing*, "None of us knows our limits." What would your goals be like if you acted like you didn't know your limits.

Envision a God-sized future in each of the 7 domains below.

Take about 3-5 minutes for each domain and write your answer to the following question in each domain: **What do I want my life to look like SOMEDAY...**

1. What do I want my **Spiritual Life** to look like SOMEDAY?

2. What do I want my **Physical Health** to look like SOMEDAY?

3. What do I want my **Personal Life (Emotional/Intellectual)** to look like SOMEDAY?

4. What do I want my **Key Relationships** to look like SOMEDAY?

5. What do I want my **Job** to look like SOMEDAY?

6. What do I want my **Business** to look like SOMEDAY?

7. *What do I want my **Financial Life** to look like SOMEDAY?*

## **EXERCISE 2: SET A BIG SOMEDAY GOAL**

You have dreamed with God about your future, now it is time narrow the focus and to set a priority. Your SOMEDAY picture probably has several goals. That is great. In this exercise, you will pick just ONE goal. But not just any ONE. Choose the goal that if you accomplished it someday it would have the biggest, most profound impact on your life.

This gives you the clarity on the ONE Goal you want most at some point in the future.

Before you write it down, stretch it. If your big Someday Goal is a number, double it. If your big Somebody Goal is a level of achievement, jump to the next level.

### **Examples of Big Someday Goals:**

- For Financial Life: Have at least \$20,000/mo in passive income from our investments.
- For Personal Life: Coach my lacrosse team to a national championship.

You can refer back to these 3 questions for each of the 7 domains if you wish to help you clarify:

- Why is that goal important to you?
- What will accomplishing that goal do for your life?
- What will happen if you don't accomplish this goal?

1. *What's something important I want to accomplish someday in the future for my **Spiritual Life**?*
2. *What's something important I want to accomplish someday in the future for my **Physical Health**?*
3. *What's something important I want to accomplish someday in the future for my **Personal Life (Emotional/Intellectual)**?*
4. *What's something important I want to accomplish someday in the future for my **Key Relationships**?*
5. *What's something important I want to accomplish someday in the future for my **Job**?*
6. *What's something important I want to accomplish someday in the future for my **Business**?*
7. *What's something important I want to accomplish someday in the future for my **Financial Life**?*

## EXERCISE 3: ONE-YEAR GOALS

### Proverbs 16:9 (TPT)

Within your heart you can make plans for your future, but the Lord chooses the steps you take to get there.

1. Based on your **Spiritual Life** Someday Goal, what's the **ONE** Thing you can do this year to be on track to achieve it? In other words, what do you have to achieve this year to be confident you will achieve your Someday Goal?

One-Year Goal:

2. Based on your **Physical Health** Someday Goal, what's the **ONE** Thing you can do this year to be on track to achieve it? In other words, what do you have to achieve this year to be confident you will achieve your Someday Goal?

One-Year Goal:

3. Based on your **Personal Life** Someday Goal, what's the **ONE** Thing you can do this year to be on track to achieve it? In other words, what do you have to achieve this year to be confident you will achieve your Someday Goal?

One-Year Goal:

4. Based on your **Key Relationships** Someday Goal, what's the **ONE** Thing you can do this year to be on track to achieve it? In other words, what do you have to achieve this year to be confident you will achieve your Someday Goal?

One-Year Goal:

5. Based on your **Job** Someday Goal, what's the **ONE** Thing you can do this year to be on track to achieve it? In other words, what do you have to achieve this year to be confident you will achieve your Someday Goal?

One-Year Goal:

6. Based on your **Business** Someday Goal, what's the **ONE** Thing you can do this year to be on track to achieve it? In other words, what do you have to achieve this year to be confident you will achieve your Someday Goal?

One-Year Goal:

7. Based on your **Financial Life** Someday Goal, what's the **ONE** Thing you can do this year to be on track to achieve it? In other words, what do you have to achieve this year to be confident you will achieve your Someday Goal?

One-Year Goal:

## EXERCISE 4: MAKE YOUR GOALS S.M.A.R.T.E.R.

**SPECIFIC:** What do you want to accomplish? "Lose weight" is too vague. How much weight? "Lose 10 pounds" is specific. Another example is "Learn Judo." Is that specific? No. A better goal would be "Earn a black belt in Judo (at Master Baker's School of Judo)."

**MEASURABLE:** How do you know that you have reached your goal? For example, the goal, "I want to earn more money" isn't helpful. How much more? "I want to increase my sales by 30 percent this year" is measurable.

**ACTIONABLE:** Begin your goal with a verb. For example, "Be more consistent in my devotions"—is that actionable? No. That is a state-of-being verb. But something like "Read my Bible three times a week" is actionable.

**RISKY:** Set a high enough goal to demand your best effort. It will make it more interesting and demanding. (Not saying we should set goals that are crazy.)

**TIME-KEYED:** This could be a deadline, frequency, or a time trigger. For example, "Read more" is missing that time-key. There is not urgency. "Read two books each month" gives a challenge and a focus. Don't put the deadline too far out, it discourages focus. Deadlines are a must for Achievement Goals, but don't make sense for Habit Goals (explained later). You can use frequency statements or a time trigger to spur the habits you want to cultivate. For example, saying,

“Exercise more this year” is not as good as “run for thirty minutes at the park every weekday morning at 7AM.” It tells what kind of exercise you will do, for how long and when you are going to do it.

**EXCITING:** Write the goal in a way that fits with what makes you excited and hence adds to your motivation.

**RELEVANT:** Is your goal in alignment with the seasons of your life, your values, and with each other. Is your goal relevant to your life purpose? Your goal must be consistent with other goals established and fits with your immediate and long-term plans.

**Sample Goals:**

- Spiritual
  - Set aside 15 minutes in the morning, 6 days a week, for reading and prayer starting January 1.
- Intellectual
  - Read 2 books per month starting in January.
- Emotional
  - Get back to gardening this spring—tomatoes, peppers, cucumbers, squash, and herbs in the ground by April 15.
- Physical
  - Run 30 minutes each day, 4 days a week at 6:30AM.
  - Replace fast-food lunch with healthy meals from home each workday.
- Marital
  - Create a date-night profile on Netflix and identify 20 movies for a weekly date beginning in May.
- Parental
  - Leave the office by 5PM to have enough time for dinner and games with the kids starting in January.
- Social
  - Take a painting class to meet new people by August 1.
- Vocational
  - Launch new product by March 30.
- Ministry
  - Volunteer for the City Mission beginning in March.
- Financial
  - Pay off remainder of credit card in the amount of \$8000 by August 25.

**ACTION STEP:** Choose goals from the categories you feel the most “weight” and turn them into S.M.A.R.T.E.R. Goals below.



## **HOMEWORK: STRUCTURE FOR SUCCESS**

Once you've set your goals, you now have a whole year to achieve them. But how are you going to do that? What is your next step? Pick one of the two approaches:

- **Next Step Approach:** Just answer this question, "What is the most important thing I can do over the next two weeks?" In other words, every two weeks think, "What are my next strategic steps for the next two weeks?" Then you are accountable for your prior two weeks.
- **Reverse Engineer Approach:** This approach requires you to start with the whole plan in mind from the beginning by reverse engineering it into smaller tasks to complete. You then further subdivide the tasks into additional actionable steps, while continuing to break it down until you have daily actions that will take you to your goal when completed. The advantage to this process is it breaks big tasks down into digestible bite size chunks, making the whole process very easy to grasp. It's most effective for analytical personality types, or situations where the entire path to the goal can be understood and mapped out in advance.
  - One way of doing it looks like this:
    - **SOMEDAY GOAL:** what's the ONE thing I want to do someday?
    - **FIVE-YEAR GOAL:** Based on my Someday Goal, what's the ONE thing I can do in the next 5 years?
    - **ONE-YEAR GOAL:** Based on my Five-Year Goal, what's the ONE thing I can do in this year?
    - **MONTHLY GOAL:** Based on my One-Year Goal, what's the ONE thing I can do this month?
    - **WEEKLY GOAL:** Based on my Monthly Goal, what's the ONE thing I can do this week?
    - **DAILY GOAL:** Based on my Weekly Goal, what's the ONE thing I can do today?
    - **RIGHT NOW:** Based on my Daily Goal, what's the ONE thing I can do right now?

## TIME BLOCKING

- This is a great way to help make sure you get your best work done without any interruptions. Time blocks are large chunks of time that we block off on our schedule during our most productive time to get our most productive work done. For instance, if you are a writer, you time block two hours every morning just for writing and research.
- In their book, *The ONE Thing*, the authors encourage people to time block the following:
  - **Your vacation time:** It's important to go ahead and block off time for vacation even if you don't know what kind of trip you'll go on yet. It helps us properly plan ahead so we know what work we need to get done in the time we have.
  - **Your ONE Thing:** Next, you'll want to make sure you're setting aside time for your ONE Thing. You will probably have multiple goals, but you can only focus on one thing at a time. That way, you're giving one thing your undivided attention, which allows you to get more accomplished in the long run.
  - **Your planning time:** Planning ahead is a key part of making sure you're staying on track to get to your goals. Setting aside 30-60 minutes on Sundays to plan your week is a good habit.

**Pro Tip:** It is difficult to focus on more than 7-10 goals total per year and no more 2-3 in any quarter that has a deadline.

## ACCOUNTABILITY:

- When your MC group meets, you will be asked a good coaching question each time, "You said you were going to do \_\_\_\_\_, did you actually do it?" The goal of accountability is to help you account for your ability—for the previous two weeks.

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<sup>i</sup> This "mini-retreat" was adapted from resources from *The ONE Thing* by Gary Keller with Jay Papasan (Austin, TX: Bard Press, 2012); [http://www.the1thing.com/freeresources/TheONEThing\\_MyPurpose.pdf](http://www.the1thing.com/freeresources/TheONEThing_MyPurpose.pdf); [http://www.the1thing.com/wp-content/uploads/2018/10/TheONEThing\\_KickAssGuidetoDIYCouplesGoalSettingRetreat-1.pdf](http://www.the1thing.com/wp-content/uploads/2018/10/TheONEThing_KickAssGuidetoDIYCouplesGoalSettingRetreat-1.pdf); and *Your Best Year Ever* by Michael Hyatt (Grand Rapids: Baker Books, 2018).