

How to Set Spirit-Led Smart Goals

The 7-Step Spirit-Led Goal Framework



STEP 1 — Identify Your God-Given Theme or Assignment

Before setting goals, ask the Lord:

What season am I in? What are You highlighting? What matters most right now?

We often get stuck because we set goals outside of God's current season."

Mini exercise:

- Write what you sense God calling you into in this season.

STEP 2 — Reflect on What Needs to End (from Session 1)

Healthy goals require space.

Ask:

'What do I need to release? What beliefs from shame are incompatible with my calling?'

Examples:

- Perfectionism
- Fear of rejection
- Over-responsibility
- Avoidance

STEP 3 — Write the Goal in First-Person Identity-Based Language

State who you are becoming, not just what you want.

Example:

"I am a woman who builds consistent time with God into my daily rhythm."

STEP 4 — Clarify the WHY (Emotional Anchor)

The WHY determines your brain's commitment.



We often lose momentum because we set goals disconnected from desire or purpose.

Ask:

- Why does this matter?
- Who will this help?
- How does this align with God's assignment?

STEP 5 — Create a Sensory Vision (Neural Blueprint)

Close your eyes.

Imagine yourself 6–12 months from now having achieved the goal.

How do you feel?

How do you carry yourself?

How do you think?

What does your day look like?"

This activates the prefrontal cortex and reduces fear-based sabotage.

STEP 6 — Break Into Micro-Steps (Small Wins = Dopamine Motivation)

The brain loves progress.

Every small win releases dopamine, which increases motivation and momentum.

List:

- Weekly steps
- 15-minute habits
- Simple repeatable actions

Start small, succeed early.

STEP 7 — Accountability + Spiritual Partnership

The Holy Spirit is your Helper (John 14:26).



Invite Him into your planning and review.

Also, create gentle accountability:

- A friend
- A journal
- A weekly reflection
- A monthly goal review

Accountability is not punishment—it is stewardship.

Prayer Activation

Holy Spirit, Lead My Future

Pray over your vision and goals—asking the Lord to breathe life, clarity, courage, and strategy.

Prayer:

‘Father, thank You that You have a future and hope for me. Awaken dormant dreams. Heal places where shame previously blocked purpose. Align my goals with heaven’s design. Give me supernatural ideas, strength, and discipline. Surround me with the right people for this journey.’

Integration Exercise

Write Your 3 Spirit-Led Goals

1. Write each identity-based goal
2. Write the WHY
3. Write the micro-steps
4. Write a scripture for each

Let’s Get Practical

Step 1: Identify the Dream / Vision

- What do you feel called to build or pursue?



- What do you want to see in your life in the next 6–12 months?
- What is your “holy desire”?
- Write it down clearly
- Clarity is the foundation of purpose

Step 2: Decide Exactly What You Want

- Be specific
- Make it measurable
- Write it in clear language
- Avoid general goals (“I want to get healthier”)
- Use specific outcomes (“I walk 10,000 steps 5 days a week”)

Step 3: Set a Deadline

- Set a completion date
- Break long-term goals into:
 - yearly milestones
 - monthly steps
 - weekly tasks
 - daily actions
- Missing a deadline ≠ failure — adjust and continue

Step 4: Think on Paper

- Brain-dump ideas, steps, resources, connections, habits
- Sort the list in order of importance
- Identify the few actions that will make the biggest difference
- Use the 80/20 principle
- Turn ideas into a step-by-step plan

Step 5: Become Action-Oriented



- Do something small *every day*
- Consistency > intensity
- Build “goal muscle memory”
- Start small and stable
- Momentum grows once you begin

Daily & Weekly Actions

- Set 1–3 small daily actions
- Weekly review your progress
- Celebrate wins
- Adjust your plan
- Keep goals visible (journal, vision board, phone wallpaper)

Goal Writing Exercise

Write 10 goals in these categories:

- 1-day goals
- 1-week goals
- 6-month goals
- 1-year goals

Use the 3 P's:

- Personal
- Positive
- Present Tense

Identify Your Top Goal

- Which goal would create the biggest impact right now?
- Focus on that one
- Break it into micro-steps
- Begin today with one action

Vision Tools: Vision Board

Why use a vision board?

- Keeps focus sharp
- Reinforces goals visually
- Helps the brain lock onto the desired direction
- Creates motivation and emotional alignment

How to make one:

- Choose images that represent your goals
- Add key words, phrases, or themes
- Keep it simple (7–12 items)
- Place it where you will see it daily
- Update as you grow

Vision Tools: Vision Journal

Why use a vision journal?

- Reflects your journey
- Tracks growth and progress
- Helps you refine your thinking
- Keeps goals alive through writing

How to set one up:

- Create life categories
- Write monthly focuses
- Track wins and progress
- Rewrite goals as needed

Activation: Create Your Vision Plan

- Write your vision clearly
- Turn it into identity statements
- Write 3–5 goals
- Break each into steps
- Choose daily + weekly actions
- Create either a:
 - Vision Board
 - Vision Journal
- Review weekly
- Adjust monthly
- Stay accountable