

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

LIFEGOALS

(Study Guide)

INTRODUCTION

- A. When you know how to set goals and achieve these goals, you're in charge of your life.
- B. With good goal-setting and effective goal achieving, you determine the direction in which you will sail.

CHAPTER ONE: THE BASICS OF LIFEGOALS

(How to Set and Achieve Goals)

- I. **LIFEGOALS** addresses different parts of your life so that you can improve the overall quality of your daily existence.
 - A. People who don't set goals or who fail to achieve goals they set fall into one or both of these categories.
 - 1. They are fearful of taking risks.
 - 2. They lack the information necessary to set goals.
 - B. In order to take risks, you need to recognize that you create your own attitudes.
 - C. Discuss methods suggested by the author to alleviate fear.
- II. Definition of a goal: It's the end result that will help bring about a desired change, once the goal is achieved.
 - A. Discuss the eight key elements a goal requires.
 - 1. The Mission
 - 2. The Emotional Core
 - 3. Role Model

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

4. Commitment
 5. Specific Guidelines
 6. Focus
 7. Timetable
 8. Assessment/Achievement
- B.** Reflect upon the eight major topics discussed in this book, as summarized on pages 24 and 25.
1. Self-Esteem
 2. Health and Fitness
 3. Relationships
 4. Communication
 5. Career/Lifework
 6. Your Personal Wealth
 7. Life Crisis
 8. Your Spiritual Self

CHAPTER TWO: SELF-ESTEEM

(How You Feel About Yourself)

- I.** **Self –esteem** is defined as the emotional, physical, and spiritual value you place upon yourself.
- A.** It is composed of two elements: self-competence and a feeling of genuine worth.
 - B.** People with a healthy level of self-esteem are not “at war” (in conflict) with themselves or with others.
 - C.** People with average or high self-esteem often experience healthy self-esteem.
- II.** What are some of the characteristics of a person with a healthy level of self-esteem?
- III.** Discuss the four basic emotional needs, which if satisfied in childhood, that will enhance people feeling good about themselves.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- A. The need to be noticed
 - B. The need for acceptance
 - C. The need for independence
 - D. The need to be loved
- IV. Self-esteem lifegoals give you the opportunity to improve the quality of your relationship with yourself.
- V. Discuss the key elements in establishing self-esteem goals.
- A. Your Mission
 - B. Your Focus
- VI. Using the charts in this chapter, write your self-esteem lifegoals. Be sure your goals are specific to your self-esteem needs.

CHAPTER THREE: HEALTH AND FITNESS

(How You Treat Yourself)

- I. **Health and fitness** is a broad category that encompasses your ability to care for your emotional, physical, and spiritual needs in order to achieve a state of well-being (health and happiness).
- A. Health is defined as your ability to combat illness and stress.
 - B. Fitness focuses on your state of physical well-being.
 - C. Both health and fitness incorporate spiritual happiness, which is your ability to feel connected to yourself and to the world around you.
- II. Contrast the behaviors of the following people:
- A. Those who are not “in touch” with their mind, body and spiritual needs.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- B.** Those who are “in touch” with their mind, body and spiritual needs and even know how to satisfy these needs, but can’t or don’t consistently do so.
 - C.** Those with an average level of health and fitness.
 - D.** Those with a strong sense of health and fitness.
- III.** Discuss in detail this author’s theory that your ability to handle stress in your life determines you sense of health and fitness.
- IV.** What are the benefits of health and fitness lifegoals?
- V.** Compare how stress can be both a protector as well as a destroyer.
- VI.** Complete the quiz on page 76 to assist you in finding out or pinpointing stress areas in your life.
- A.** Name and discuss the 4 steps involved in processing or eliminating the tension of stress effectively.
 - 1. Awareness
 - 2 Acceptance
 - 3. Adjustment
 - 4. Action
 - B.** Complete the Stress Log given on pages 84 and 85.
- VII.** Discuss practical techniques and methods given by this author that improves your physical, emotional and spiritual powers.
- VIII.** Using the charts in this chapter, write your health and fitness lifegoals. Be sure your goals are specific to your health and fitness needs.

CHAPTER FOUR: RELATIONSHIPS

(How You Interact With Others)

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- I.** A **relationship** is your connection with any people who have a reason to be in your life, including friends, business associates, group affiliations, social contracts, and love or sexual interactions.
 - A.** An unhealthy relationship is based on some level of fear, doubt and/or insecurity.
 - B.** An immature relationship is one that has the potential to become a healthy relationship because one or both of the partners are willing to work or are working on becoming happier, healthier people.
 - C.** A healthy relationship is one in which the two people are supportive and geared toward developing the qualities of trust, honesty, a sense of individuality, nurturing, and knowledge about themselves and their relationship.
- II.** Discuss characteristics of healthy relationships.
- III.** Look at SIGNS of Healthy/Unhealthy Relationships on pages 108 – 110, and determine whether your relationships are unhealthy, immature or healthy.
- IV.** Relationship lifegoals can help you improve the quality of your interactions with others while, at the same time, teaching you much about who you are and what you need in your relationships.
 - A.** When you make relationship lifegoals, you're giving yourself the opportunity to develop the qualities needed to make your relationships healthy.
 - B.** When you make improvements in your relationships, you're saying to yourself and to others: "I can give love and I can be loved."
- V.** Discuss how each of these five components affects your interactions with others and how to develop them in your relationships.
 - 1.** Trust
 - 2.** Honesty

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

3. Individuality
 4. Nurturing
 5. Knowledge
- VI.** To help you gain knowledge about your current relationships, use the charts on pages 132-135 to assess the role each of the above five qualities plays in these relationships.
- VII.** Using the charts in this chapter, write your relationship lifegoals. Be sure your goals are specific to relationship needs.

CHAPTER FIVE: COMMUNICATION

(How You Verbalize Who You Are and What You Want)

- I.** **Communication** is defined as the external (verbal) expression of who you are.
- II.** What are the key factors in determining how healthy your communication skills are?
- A. How you express yourself
 - B. How this expression is received by others
 - C. How you feel about your ability to communicate
- III.** Contrast the differences between unhealthy verbal communication and healthy communication.
- A. Unhealthy verbal communication comes in two forms: aggressive communication and passive communication.
 - B. Healthy communication is complete and fulfilling, both to the speaker and to the listener.
- IV.** Communication is a process that happens on two levels: the level of experience and the level of expression.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- A.** The level of experience is based on what you learned in your childhood about communication and the behavior habits you formed as a result.
 - B.** Whatever your parents or siblings taught you about communication when you were a child forms the basis for your level of experience in communication today.
 - C.** The level of expression is the external process of communication.
 - D.** There are two styles of verbal communication: the winning style and the quality style.
- V.** Discuss some of the restrictors that must be removed from our conversations, in order to improve our communication.
- 1.** Criticizing
 - 2.** Labeling
 - 3.** Analyzing
 - 4.** Diverting
 - 5.** Over-reassuring
 - 6.** Problem-solving
 - 7.** Commanding
 - 8.** Threatening
 - 9.** Telling
- VI.** When you make communication lifegoals, you're giving yourself the opportunity to improve your level of understanding about your own needs and also the level of openness and honesty in your interactions with others.
- A.** The messages you verbalize will be clearer.
 - B.** You may find yourself getting what you want in life from your relationships, your career, your family and from yourself.
- VII.** Discuss the key elements in establishing communication goals.
- A.** Your Mission

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

B. Your Focus

- VIII.** Discuss the Five-Step Healthy Communication Model (pg. 163)
- IX.** Using the charts at the end of this chapter, write your communication lifegoals. Be sure your goals are specific to your communication needs.

CHAPTER SIX: CAREER/LIFEWORK

(How To Achieve Challenge, Satisfaction, and Fulfillment)

- I.** A **Career** is made up of particular tasks or jobs in a field that you're dedicated to or participate in on a full-time or part-time basis and for which you receive financial reimbursement.
- Lifework** differs from a career in that it does not necessarily include payment as a benefit.
- II.** Name and discuss the important qualities to look for in either a career or lifework.
- A.** A level of challenge
 - B.** A sense of personal satisfaction
 - C.** An element of fulfillment
- III.** Discuss some of the characteristics of people who achieve challenge, satisfaction, and fulfillment from their career/lifework.
- IV.** The key is to always be aware of the options and choices you have in your career/lifework, no matter what twists or turns occur in that chosen path, and to be ready to make choices or changes when necessary.
- A.** The best career/lifework you can have teaches you more about yourself, about those you love, and about the world around you.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- B.** To leave yourself open to the possibilities that your work can bring you, as well as to leave your work open to the changes you can bring it, means your work can be more personally rewarding.
- V.** Discuss the benefits of making Career/Lifework goals.
- VI.** Complete the Career/Lifework Missions Chart – page 179
- VII.** Identify and discuss the 10 tools you can use to help set goals to assist you in achieving challenge, satisfaction, and fulfillment in any career you choose or lifework decision you make.
 - A.** Tool #1: Who Am I?
 - B.** Tool #2: Skills Identification
 - C.** Tool #3: The Life Pie
 - D.** Tool #4: Power
 - E.** Tool #5: Logical Perspective
 - F.** Tool #6: A Healthy Attitude
 - G.** Tool #7: Time
 - H.** Tool #8: Expectations
 - I.** Tool #9: Success
 - J.** Tool #10: The Five “C’s” of Career/Lifework Lifegoals setting
- VIII.** Using the charts at the end of this chapter, write your career/lifework lifegoals. Be sure your goals are specific to your career/lifework needs.

CHAPTER SEVEN: YOUR PERSONAL WEALTH

(How To Manage Your Money to Enrich Your Life)

- I.** **Personal Wealth** is your ability to manage the money you earn or have -- whatever that amount may be and to plan how to effectively use that money now and in the future so you can achieve a sense of financial security.
- II.** Why is it important to design a financial plan?

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- A. It helps you meet your expenses
 - B. It helps you save for the future
 - C. It allows you to spend for your personal enjoyment.
 - D. Lifegoals for your personal wealth help you work with the money you earn or have and help you take control of your finances so you can get the most from your money.

- III. Discuss some of the characteristics of people who have a high level of personal wealth.

- IV. What are the two ways some people who become greedy exhibit this greediness?
 - A. Trying to accumulate as much money as possible through stinginess, miserly behaviors or hoarding money.
 - B. Compulsive spending or overspending, in which the reward is not the actual purchases themselves but the ability to purchase.

- V. Reflect upon the questions asked on page 211, in examining your money history to better understand the emotional impact money may have upon you today.

- VI. Discuss some of the benefits of making personal wealth lifegoals.

- VII. Complete the Personal Wealth Missions Chart – page 215

- VIII. Discuss the components upon which money – management skills are based.
 - A. Your knowledge: Examining where Your Money Goes
 - B. Your Ability to Manage: Creating Your Budget
 - C. Your Ability to Save: Becoming a Money-Saver

- IX. Using the charts at the end of this chapter, write your personal wealth lifegoals. Be sure your goals are specific to your personal wealth needs.

LIFEGOALS

CHAPTER EIGHT: LIFE CRISIS

(How To Overcome Personal Crisis Through the process of Healing Recovery)

- I. A **LIFE CRISIS** is an event or circumstance, or a reaction to an event or circumstance, that significantly interrupts or disturbs a person's healthy pattern of living over a period of time and/or causes a negative influence upon one or more areas of the individual's life.
 - A. Events or circumstances that can be considered examples of a life crisis include:
 - 1. The Death of a Loved One
 - 2. Personal Injury or Assault
 - 3. Termination of a Love Relationship
 - 4. A Chronic Health Problem or an Illness
 - 5. Loss of a Job
 - 6. Recognition of Dysfunction in the Childhood Home
 - 7. Divorce
 - 8. An Addiction

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- B.** Common reactions to such events or circumstances may be:
1. A Nervous Breakdown
 2. Intense Anger
 3. Emotional or Mood Swings
 4. Depression
 5. Lethargy
 6. Loss of Sexual Drive or Interest
 7. A desire to Escape
 8. Overwhelming Sadness
 9. Loss of Appetite
 10. Sleeplessness
 11. Anxiety
 12. Thoughts of Suicide
 13. Increased Use of Drugs or Alcohol
 14. Low Self-Esteem
- II.** What happens when an event or circumstance interrupts or disturbs a person's healthy pattern of living over a period of time is that the person changes the way he or she lives life, from the onset of the event or circumstance and for a significant period of time thereafter.
- III.** Contrast the difference between life crisis and things that have to be dealt with that don't often take long to resolve.
- IV.** When a life crisis causes a negative influence upon one or more areas of the individual's life, over a period of time, then some form of healing and recovery may be needed to help the individual work through the life crisis and grow from it.
- A.** It is important to be aware of the methods of healing and recovery available should you need help in "getting through" the life crisis.
 - B.** Healing and recovery can help an individual resume a healthy pattern of living or can assist the person in changing negative behaviors brought about by the life crisis into positive ones.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

LIFEGOALS

- V. Healing and recovery can be facilitated by:
- A. The individual alone
 - B. The individual with material support
 - C. By the individual, with the support of family and friends
 - D. By the individual, with the support of others
- VI. What is the purpose of setting life crisis lifegoals?
- A. To help you help yourself through the difficult time caused by the life crisis, by working through the difficulty.
 - B. To assist you in focusing on the positive outcomes of the life crisis.
 - C. To help you in learning how to use the guidance and support of others.
 - D. To help you in learning how to grow stronger as an individual from your experience.
- VII. Complete the Life Crisis Missions Chart – page 236
- VIII. Discuss the two methods of healing and recovery – self help groups and counseling – as outlined in this chapter.
- IX. Discuss the five basic human rights and their effects on the process of healing and recovery.
- A. The Right to be free from the past.
 - B. The Right to learn a new way of life.
 - C. The Right to express feelings.
 - D. The Right to develop self-esteem.
 - E. The Right to ask for help.
- X. Using the charts at the end of this chapter, write your life crisis lifegoals. Be sure your goals are specific to your life crisis needs.
- XI. Review the RESOURCES listed at the end of this chapter.

CHAPTER NINE: YOUR SPIRITUAL SELF

(How You Connect Your Physical and Emotional Natures with a Spiritual Understanding)

- I.** Your spiritual self is created by your understanding of the connection between your physical nature (who you are), your emotional nature (how you feel), and the spiritual world (why you're here).
 - A.** The world of your spiritual self combines what you know (the answers) with what you don't know (the questions).
 - B.** The ultimate goal of connecting your physical and emotional natures with a spiritual understanding is to trust your spiritual world to feel safe and secure with both the answers and the questions.
- II.** What are some of the characteristics of people who are connected with their spiritual selves?
- III.** Discuss the popular fable about the coat, the wind and the sun, as it relates to the impact upon the individual who lacks in spiritual understanding.
- IV.** Name and discuss the four areas that have influence and impact upon your life in developing spiritual understanding.
 - A.** An appreciation of nature.
 - B.** A faith or belief in a higher power or power greater than yourself.
 - C.** A faith or belief in an overall life structure.
 - D.** An intuition or sensitive perception of the world around you.
- V.** Complete the Spiritual Missions Chart – page 260
- VI.** Using the charts at the end of this chapter, write your spiritual lifegoals. Be sure your goals are specific to your spiritual needs.

LIFEGOALS

SUMMARY: LIFEGOALS FOR A LIFETIME

(How To Continue Growing Through LIFEGOALS)

- I.** Don't let reaching your goals deprive you of making interesting detours.
- II.** Be yourself. Don't set foals you hope will make you into someone you aren't.
- III.** Evaluate the results of every goal you set.
- IV.** Successful setting of LIFEGOALS is the continual process of making a goal and achieving it, making another goal and achieving it, making still more goals and achieving them.
- V.** Memorize the quote from Benjamin Mays – page 283
- VI.** Without goals, it's easy to lose yourself.