

FAITH &

BRIDGING FAITH AND EVERYDAY LIFE

NAME

EMAIL

YEAR

FOCUS

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Page 5 Source: Anne Lamott, *Help, Thanks, Wow: The Three Essential Prayers*. Riverhead Books, 2012.

FAITH &

HOW TO GET THE MOST VALUE OUT OF THIS PLANNER:

The *Faith & Focus Planner* was created to give you the space and structure necessary to accomplish your most important personal, professional, and spiritual goals.

It's designed to help you:

- Become more like Jesus by infusing every part of your life with prayer.
- Reflect on what God is doing in your life so you grow to trust Him more.
- Find a rhythm of life that allows you to accomplish your most important goals.

We've set this planner up in a way that allows you to keep track of everything going on in your life on a daily, weekly, and monthly basis—while also keeping your most important long-term goals in mind.

Because once you know exactly where you want to go, you can create smaller steps that will take you there.

That's why we encourage you to start with the big picture first and then move to your daily routines. Inside, you'll find resources to help you identify your 3-year, 1-year, quarterly, monthly, weekly, and daily goals, in that order.

With that in mind, check out the next two pages to see the planner's layout.

We're excited to hear how this tool transforms your ability to focus, your productivity, and most importantly your walk with the Lord!

Blessings,

THE CHRISTIAN PLANNER TEAM

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FOCUS

LONG-TERM

First, list your 3-year vision. This will become a “true north” for you as you fill out the rest of your goals. Allow yourself to dream. The rest of the planner is designed to get you there!

Two suggestions:

- Paint the picture of what life will look like in succinct bullet points.
- Be specific—if you want your company to hit a certain level of revenue, write down that number.

YEARLY

Next, we'll move to your yearly goals. Beyond the scope of this quarterly planner, what do you hope to achieve this year? Once you're clear on that, your quarterly goals will become more apparent.

We intentionally limit the number of yearly goals to five. We've all written down a list of 20+ resolutions for a new year and promptly given up on all of them. Limiting the number of goals helps you focus your attention on the most important areas of growth.

And then, writing *why* you chose each goal will motivate you to accomplish them.

QUARTERLY

For example, if today is January 1 and one of your goals is to start an email list for your new blog by March 31, then your milestone list could look like this:

- *Send my first email to the new list by March 1.*
- *Write 3 blog posts for my email list by Feb 20.*
- *Sign up with an email service provider by Feb 10.*
- *Research pros and cons of each different email service provider by Jan 31.*

Before you begin your quarterly planning, offer the next three months to God. Ask to join Him in what He is doing in the world. How do your goals align with what God wants for you and for the world?

In this quarterly section, narrow your focus again. Choose your top three goals for the next three months, set your start and end dates, and then work backward to today with your milestones.

Your milestones can either be sub-goals to hit by a certain date or they can be tasks that need to be accomplished by a certain date in order to hit your goal. Your nearest milestones will be on the bottom of the list.

At the bottom of the page, think about what habits you might want to start and stop this quarter to help achieve your goals. Maybe you want to start getting up at 6 am or start going for a walk first thing in the morning. Or perhaps you want to stop scrolling through social media before bed.

Getting Started

MONTHLY

There are 3 monthly calendar spreads. In this area, you can list important deadlines and trips and birthdays and meetings—everything you want to keep top of mind.

MONTHLY REFLECTION: After each monthly calendar spread, there's a space for monthly reflection where you can look back over the past month and see what went according to plan and what didn't.

Looking forward is important in getting us on the right road. But looking back grounds us in reality and teaches us the lessons we need to grow.

WEEKLY SUNDAY

In this section, the focus is less on "how are you doing in meeting your goals?" and more on "how do you see God at work in your life?"

Sunday is a holy day, set apart from the other six. God knows our tendency to always be going and thus He set the example for us in resting on the seventh day. Take a break from your goal setting and accomplishing and doing and rest in the fact that you are loved by God, just as you are. How can you reset today? What can you do today that brings you joy?

As Sunday winds down and you begin to think about the next few days, invite God into your week. Write a prayer and choose a verse for the week.

Look back at your yearly goals and quarterly plan and choose a focus for the week. Write it on the "Weekly Focus" page and then transfer it to your "Sunday page."

DAILY MONDAY-SATURDAY

For each day of the week, you'll find space for your top 3 action items, your daily schedule, and a task list.

You'll also find "check-ins" with God throughout the day. It's easy to have our quiet time in the morning and then get caught up in the hustle and bustle of the day and forget to talk to God until we get into bed at night. That's why you'll find reminders in your daily schedule to check in with God throughout the day.

On the right-hand side of the page, there is a section to write some thoughts down at the scheduled prayer times. These three prayers were inspired by the book *Help, Thanks, Wow*—where Anne Lamott identifies these as the three essential prayers.

We recommend writing your 3 year vision once every 3 years and your yearly goals once a year. Every quarter you can copy down the bullet points from last quarter into your new *Faith and Focus Planner*. Feel free to remove or tweak bullets as your dreams evolve.

3 YEAR VISION What does it look like?

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• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
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• _____	• _____

GOALS FOR THE YEAR List out your Top 5 Goals

GOAL ①

WHY?

GOAL ②

WHY?

GOAL ③

WHY?

GOAL ④

WHY?

GOAL ⑤

WHY?

QUARTERLY PLAN

TOP 3 GOALS FOR THE QUARTER

/ / START DATE

/ / END DATE

GOAL 1

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MILESTONES

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GOAL 2

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GOAL 3

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HABITS I WANT TO START:

HABITS I WANT TO STOP:

Every Sunday, review your quarterly goals and milestones and identify your top priority for the upcoming week. Write it below, then transfer it to your Sunday page.

WEEKLY FOCUS Identify your top priority for each week of this quarter.

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⑧ _____

② _____

⑨ _____

③ _____

⑩ _____

④ _____

⑪ _____

⑤ _____

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DOXOLOGY

PRAISE

Praise God from whom all blessings flow;
Praise him, all creatures here below;
Praise him above, ye heavenly host:
Praise Father, Son, and Holy Ghost.

PERSONAL Reflect on the previous month.

People I met, places I went, and things I did:

PROFESSIONAL Reflect on the previous month.

Did I meet milestones?

Why or why not?

Monthly Reflection

QUARTER 1 2 3 4

MONTH

SPIRITUAL Reflect on the previous month.

What is God doing in my life?

PERSONAL Reflect on the previous month.

People I met, places I went, and things I did:

PROFESSIONAL Reflect on the previous month.

Did I meet milestones?

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QUARTER 1 2 3 4

MONTH

SPIRITUAL Reflect on the previous month.

What is God doing in my life?

SUNDAY

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HOW I SAW GOD
WORKING LAST WEEK:

VERSE FOR THE WEEK

WEEKLY REFLECTION

HOW CAN I REST TODAY?

PRAYER FOR THE WEEK

SERMON NOTES or Journaling Space

A large grid of small dots, arranged in approximately 25 columns and 45 rows, covering the majority of the page. This grid is intended for writing sermon notes or journaling.

SUNDAY

WEEKLY FOCUS

TOP 5 GOALS FOR THE WEEK

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TASK LIST

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PLAN Personal, Professional and/or Spiritual

JOHN 14:27

PEACE
I LEAVE
WITH
YOU

My peace I give you. I do
not give to you as the world
gives. Do not let your hearts be
troubled and do not be afraid.

— JESUS

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TOP 3 Action Items

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PRAY	PRAISE Praise God for your day.

 **MORNING REQUESTS**

For myself and others:

 **NOON GRATITUDE**

God, thank you for:

 **EVENING PRAISE**

Recount God's blessings today:

NOTES

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TUESDAY

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TOP 3 Action Items

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SUNDAY

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HOW I SAW GOD
WORKING LAST WEEK:

VERSE FOR THE WEEK

WEEKLY REFLECTION

HOW CAN I REST TODAY?

PRAYER FOR THE WEEK

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SUNDAY

WEEKLY FOCUS

TOP 5 GOALS FOR THE WEEK

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TASK LIST

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PLAN Personal, Professional and/or Spiritual

I THESSALONIANS 5:16-18

REJOICE ALWAYS

Pray without ceasing,
give thanks in all circumstances;
for this is the will of God in
Christ Jesus for you.

ESV

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PLAN Personal, Professional and/or Spiritual

PSALM 100

MAKE A JOYFUL NOISE

to the Lord, all the earth! Serve the Lord with gladness!
Come into his presence with singing! Know that the Lord, he is God!

It is he who made us, and we are his; we are his people,
and the sheep of his pasture. Enter his gates with thanksgiving,
and his courts with praise! Give thanks to him; bless his name!

For the Lord is good; his steadfast love endures forever,
and his faithfulness to all generations.

ESV

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 **MORNING REQUESTS**

For myself and others:

 **NOON GRATITUDE**

God, thank you for:

 **EVENING PRAISE**

Recount God's blessings today:

NOTES

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SATURDAY

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TOP 3 Action Items

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TASK LIST

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HOW I SAW GOD
WORKING LAST WEEK:

VERSE FOR THE WEEK

WEEKLY REFLECTION

HOW CAN I REST TODAY?

PRAYER FOR THE WEEK

SERMON NOTES or Journaling Space

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SUNDAY

WEEKLY FOCUS

TOP 5 GOALS FOR THE WEEK

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TASK LIST

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PLAN Personal, Professional and/or Spiritual

ROMANS 12:12

BE
JOYFUL
IN HOPE

Patient in affliction, faithful in prayer.

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MONDAY

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TOP 3 Action Items

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WEEKLY FOCUS

TOP 5 GOALS FOR THE WEEK

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PLAN Personal, Professional and/or Spiritual

PSALM 23:1-3

THE LORD IS MY SHEPHERD;

I have what I need. He lets me lie down
in green pastures; he leads me beside
quiet waters. He renews my life;
he leads me along the right paths for
his name's sake.

CSB

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PLAN Personal, Professional and/or Spiritual

PSALM 119:14

I
REJOICE

In following your statutes as
one rejoices in great riches.

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TASK LIST

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PLAN Personal, Professional and/or Spiritual

I CORINTHIANS 10:31

DO ALL
TO THE
GLORY
OF GOD

So, whether you eat or drink,
or whatever you do, do all to the glory of God.

ESV

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PLAN Personal, Professional and/or Spiritual

JOHN 7:37

LET HIM
COME
TO ME

If anyone thirsts, let him come to me and drink.

— JESUS

MONDAY

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TOP 3 Action Items

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 **EVENING PRAISE**

Recount God's blessings today:

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WEDNESDAY

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SUNDAY

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HOW I SAW GOD
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PRAYER FOR THE WEEK

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SUNDAY

WEEKLY FOCUS

TOP 5 GOALS FOR THE WEEK

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TASK LIST

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PLAN Personal, Professional and/or Spiritual

GALATIANS 5:22-23

BUT THE
FRUIT
OF THE
SPIRIT

Is love, joy, peace, forbearance, kindness,
goodness, faithfulness, gentleness and
self-control. Against such things there is no law.

NIV

MONDAY

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TOP 3 Action Items

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PLAN Personal, Professional and/or Spiritual

PSALM 16:11

YOU
MAKE
KNOWN
TO ME

The path of life; you will fill me with joy
in your presence, with eternal
pleasures at your right hand.

NIV

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TOP 3 Action Items

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PLAN Personal, Professional and/or Spiritual

JOHN 16:33

TAKE HEART!

I have told you these things,
so that in me you may have peace.
In this world you will have trouble.
But take heart! I have overcome the world.

— JESUS

MONDAY

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PLAN Personal, Professional and/or Spiritual

PSALM 63:7-8

FOR YOU
HAVE
BEEN MY
HELP

And in the shadow of your wings I will sing for joy.
My soul clings to you; your right hand upholds me.

ESV

MONDAY

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TOP 3 Action Items

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NOTES

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TUESDAY

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SUNDAY

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HOW I SAW GOD
WORKING LAST WEEK:

VERSE FOR THE WEEK

WEEKLY REFLECTION

HOW CAN I REST TODAY?

PRAYER FOR THE WEEK

SERMON NOTES or Journaling Space

A large grid of small dots, arranged in approximately 25 columns and 45 rows, covering the majority of the page. This grid is intended for writing sermon notes or journaling.

SUNDAY

WEEKLY FOCUS

TOP 5 GOALS FOR THE WEEK

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PLAN Personal, Professional and/or Spiritual

ROMANS 15:13

MAY YOU
ABOUND
IN HOPE

May the God of hope fill you with all
joy and peace in believing, so that
by the power of the Holy Spirit
you may abound in hope.

ESV

MONDAY

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