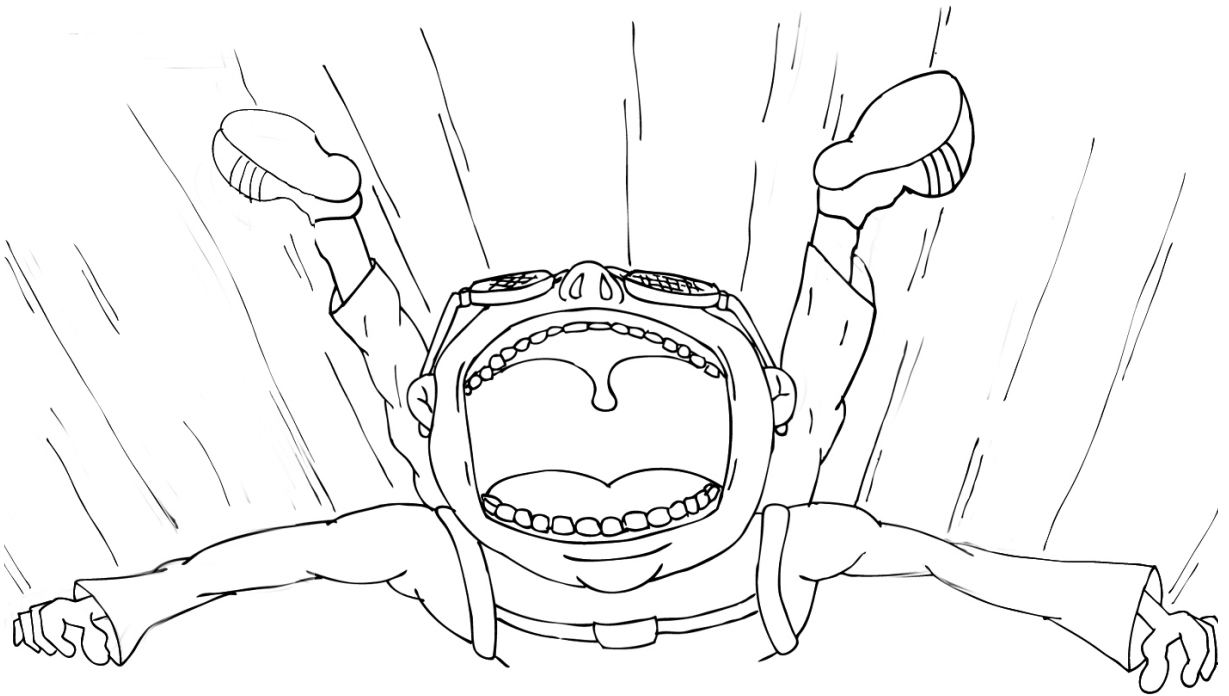


AN EXPERIENTIAL IMAGERY EXERCISE

You may color it and write in the open space of the graphic, or inside the cartoon's mouth, the dreams or goals that have been lost or stolen due to various circumstances.



PRINCIPLE

Listen to the Holy Spirit’s direction of when, how, and with whom to share your dreams and goals. Learn to embrace the season of “gliding” to rest in the Lord and let Him prepare you for your next assignment. Forethought and proper planning, even of the seasons of rest, will sustain the emotional, mental, and spiritual momentum in your life.

Take the time to think about the areas of your life in which you have lost momentum because you failed to exercise forethought and set new goals.
In the left column, write the areas in which you wish to reset your goals. On the right side, across from each area, write a practical action step. It may be just a few words or a sentence that would help you trigger excitement and regain your drive. If you wish to write about areas where you need downtime, you may include what you see yourself doing during that season. Stay positive, optimistic, and prayerful in the process.

I would like to reset my goals in these areas:	Practical action steps:
Example: Exercise	Example: Finding someone to exercise with 3 times a week OR finding a trainer for \$__per/month

<i>I am choosing to rest in the following areas:</i>	<i>My downtime would look like (use a few words to describe):</i>