SOUTHWESTERN ASSEMBLIES OF GOD UNIVERSITY

Leadership Practicum
LDR 5333

Instructor: Dr. J. Pastori

Goals and Plans

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Goals and Plans

Part 1

Rest

"Remember the Sabbath day by keeping it holy." (Exodus 20:8 ESV)

In regard to rest, my goal for one month is two-fold. First, I intend to maintain my observance of Sabbath rest on Sundays with renewed boundaries. This time will be spent abstaining from any work (school, vocational, or personal), cherishing my family, connecting with God, and delighting in His creation. Second, I will maintain healthy boundaries for my daily rest by going to bed by 10:30 PM every night, apart from any extenuating circumstances or special events. I will maintain this by setting alarms on my phone to keep me on schedule each night.

My one-year goals will be very similar, maintaining both a weekly Sabbath and a modest bedtime. However, I would also like to prioritize rest throughout the year in the form of vacation time with my family. For this reason, my one-year goals also include scheduling a vacation 3 times a year. These vacations may look like a week-long trip as a family, or an extended weekend "stay-cation". Ultimately, the goal of these vacations is to prioritize my family, to rest from the stress and striving of work or day-to-day life, and to renew our minds regularly.

Exercise

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So, glorify God in your body." (1 Corinthians 6:19-20 ESV)

My one-month goal for exercise is to go to the gym once per week. To keep myself accountable I have chosen a specific exercise class that I will attend each Wednesday evening at

7 PM and have added this appointment to my personal calendar. Though I do desire to grow the frequency of my exercise, I am focusing first on making my goal reasonable for my currently very busy schedule.

As the year progresses, I am making it a goal to grow from once a week into a schedule of three times a week- one exercise class, one walk with my family each week, and one "freestyle" gym session where I can choose my own workout. My hope is to schedule our weekly family walks to coincide with our Sabbath. This time will be light exercise and a great time to connect as a family.

Simplicity

"Do not lay up for yourselves treasures on earth, where moth and rust[e] destroy and where thieves break in and steal… For where your treasure is, there your heart will be also." (Matthew 6:19 & 21 ESV)

My one-month goal for growing in simplicity is to simplify our holiday celebrations. I will achieve this by meeting with my husband to discuss and implement ways we can simplify our Thanksgiving and Christmas celebrations. We could pair down the Thanksgiving menu, or opt for fewer, more meaningful, and useful gifts at Christmas.

To embrace simplicity over the next year, my goal is to transform my wardrobe into a capsule wardrobe that is comprised of a much smaller-than-average number of clothing items. I will begin this process by making a list of the top items I need in my closet, clearing out all the clothes that I do not wear or are unnecessary, and creating a plan for purchasing only the items I truly need. A capsule wardrobe is a great way to simplify life by reducing the amount of clutter and reducing the level of decision-making required to simply get dressed each day.

Nutrition

"So, whether you eat or drink, or whatever you do, do all to the glory of God." (1 Corinthians 10:31 ESV)

I often forget to pack lunch and end up eating whatever snack foods I can find or skipping lunch altogether. For this reason, my goal this month is to pack my lunch every day I go to work. Simple sandwiches, leftovers, or whatever it may be, I will pack my lunch every evening before going to bed to prepare for the next day. This goal may seem simple but will be very helpful in maintaining healthy nutrition goals.

Furthermore, my goal for the year is to continue my one-month goal and reduce the number of times I eat out each week to a maximum of twice per week on any standard week. I will achieve this goal by packing lunches and by working with my husband to schedule out our weekly dinner plans (assessing our weekly schedule, choosing meals accordingly, and buying the needed groceries). This will help eliminate much of the impulse-based decisions we make regarding dinners.

For all these goals, my husband will be my primary person for accountability as many of these changes directly affect our family lifestyle and he is my closest friend, trusted advisor, and partner in all things.

Part 2

Education

"The one who gets wisdom loves life; the one who cherishes understanding will soon prosper." (Proverbs 19:8 NIV)

Following the completion of my MOL degree, my 5-year goals for education do not include any additional formal education. Instead, my goal is to learn from life, books, and the Word of God. One way I will continue my education is by committing myself to reading 10 books a year ranging in genres and topics. I also am committing myself to sitting in on at least one class a semester at the ministry school I currently work for. These classes are an incredible opportunity to continue my own growth alongside that of the students I am leading.

My 10-year goals are to maintain the pace of reading established in my 5-year goal and to deepen my knowledge of the Bible and Theology further by pursuing some type of formal Biblical education. This may look like pursuing an MDiv or some other form of degree or certification for Biblical knowledge. This is a goal that still requires some clarification, but I am clear on my intent to pair my organizational knowledge with deeper Biblical knowledge in the pursuit of deeper relationship with the Word of God and further rooting in my faith as I grow into more pastoral leadership.

Finances

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So, if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?" (Luke 16:10-11 ESV)

My 5-year financial goal is to be debt-free once again. Before returning to complete my MOL degree, my husband and I were able, by the grace and generosity of God, to become free of school debt and were on the path to being completely debt-free. Following the completion of my MOL degree, our goal once again is to become debt-free! We will achieve this goal by living according to a strategic budget that allows us to pay down our debts at an accelerated rate. We review this budget quarterly and adjust for any life changes that affect our finances.

My 10-year goal for my finances is to live generously and wisely. My two benchmarks for this will be beginning and growing a college fund for my son and increasing our giving percentage to 20% of our income including the tithe. Both goals will also be achieved by strategic budgeting and the blessing and provision of the Lord.

Family Relationships

"By this everyone will know that you are my disciples if you love one another." (John 13:35 NIV)

My 5-year and 10-year goals for my family relationships are the same: to maintain healthy, loving relationships with my husband, children (current and future), and extended family as a representation of my love for Christ and Christ's love for them. As for my part in achieving these goals, I will continue to prioritize time with my immediate family daily by maintaining proper work-life boundaries, weekly in observance of the Sabbath as a family, and yearly through family vacations. However, I am also planning on initiating bi-weekly FaceTime calls with my parents to better prioritize my relationship with them. In addition to prioritizing them with my time, I am also very diligent in sending birthday, holiday, and celebration cards to all my family members, as well as engaging in our active family group chat.

Vocation

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith." (Hebrews 12:1-2 NIV)

My 5-year vocational goals are to continue growing within my organization, further growing, and developing the school of ministry. My hope is to rise through the ranks within the

next few years to serve as Assistant Director. I plan on achieving this goal by completing my MOL degree, continuing to grow under the leadership and mentorship of the current Director, and remaining faithful as I wait for growth and opportunity to come. I will also seek to grow as a teacher for the school by teaching one class per year and preaching occasionally for our student chapels.

My 10-year goal is just a continuation of the same as I hope to eventually grow into the highest level of leadership within our ministry school and serve as a Pastor and Director for the program. The greatest thing I can do to achieve this goal is to pursue all my other goals, remain faithful, and continue to grow into a healthy, wise woman of God. I also plan on helping myself achieve these goals through regular heart check-ups with a counselor and spiritual mother. These check-ups will help me keep my heart and motives pure as I navigate life in ministry.

As with part one of this assignment, my husband will be my primary person for accountability in all these goals. The main exception is the addition of my boss/mentor and my counselor as accountability people for my vocational goals.