



**My Plan for Success**

- S** = Specific (clearly state what you want to accomplish)
- M** = Measurable (a plan with targets and milestones)
- A** = Attainable (manageable action steps)
- R** = Relevant (does it bring you closer to your goal)
- T** = Time-Based (includes a specific timeline)

It is important as leaders & influencers to become balanced emotionally, mentally, physically, relationally and spiritually so that you can be better influencers in your world. Below are the five core areas of life that will help you be centered and balanced in your everyday living. Before you begin, pray that God will guide your heart and mind to determine how you can best order each day.

“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.” 1 Thessalonians 5:23

**Spiritual Life:** (Quiet Times, Prayer, Memorization, Witnessing, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Emotional Life:** (Support Group, Counseling-Life Coaching, Accountability, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Physical Life:** (Work, Exercise, Diet, Wellness, Sleep, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Mental Life:** (Stress Management, Hobbies, Seminars, Retreats, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Relational Life:** (Connections with Family, Friends, Get-A-Ways, Vacations, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

