

# 8 Steps for Achieving Your Goals

BY RICK WARREN

*“Depend on the LORD in whatever you do, and your plans will succeed.” Proverbs 16:3 (NCV)*

We know that setting goals is important because the Bible tells us that Jesus set goals. In fact, he often announced publicly his goal for the next phase of his ministry.

How do you accomplish your goals once you’ve set them? Here are eight practical concepts that will help you take steps toward achieving your goals:

## 1. Put your goals on a prayer list and start praying for them.

Proverbs 3:5-6 says, *“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight”* (NIV).

## 2. Make your goals visible by putting them someplace you’ll see every day.

Proverbs 4:21 says, *“Don’t lose sight of them. Let them penetrate deep into your heart”* (NLT).

## 3. Identify the barrier to your goals, whether it’s fear, guilt, envy, or anger.

Ask yourself, “Why is this goal not yet accomplished?” Proverbs 4:26 says, *“Give careful thought to the paths for your feet and be steadfast in all your ways”* (NIV).

## 4. Break goals down into baby steps, making them digestible.

God showed the value of taking one step at a time when he guided his people to the Promised Land. Exodus 23:30 says, *“Little by little I will drive them out before you, until you have increased enough to take possession of the land”* (NIV).

## 5. Draw a goal ladder, and on each step, write down one small action you can take to reach your goal.

Tell yourself, “On the first step of the ladder, I will do this. Then on the next step, I will do that.” A goal ladder is a visual aid, showing you how to get where you want to be.

## 6. Do something today.

Ecclesiastes 5:4 says, *“When you tell God you’ll do something, do it—now”* (The Message).

## 7. Ask one friend to support you.

It’s better to have a partner than to do it alone. Ecclesiastes 4:9-10 says, *“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!”* (ESV).

## 8. Remember that relapse is always part of recovery.

Proverbs 24:16 says, *“Though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes”* (NIV).

