

Inside Out

with Courtney

"Out with the Old & In with the New *You!*"

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Goal Kit for 2020

Well, hello there!

I'm Courtayne Richard of Inside Out with Courtayne (if you don't already know me). I've created a ministry that is especially designed to help women grow in their walk with the Lord from the heart, while also equipping women (such as yourself) do what you were created to do.

With that being said, I have provided a loaded Goal Kit to help you kick off 2020, right!

For starters, I want to encourage you to...

Pray first... Prayer will be the very first thing that you need to do *before* you get started with writing out your intended goals. Simply because communication with God as you do what He has called you to do will be crucial for success throughout the year.

Fasting – This is not a direct command, rule, or demand, but I believe it could be beneficial if you did fast as you prepare to jumpstart 2020. Jesus fasted before He started His ministry. He set aside precious time to spend with His Father for 40 days and 40 nights before taking on huge responsibilities and His purpose of going to the cross. Also, Nehemiah fasted and prayed when he had the burden to rebuild the wall for his people. Nehemiah 1:4 says, "...When I heard this, I sat down, fasted, and prayed to the God of heaven." He was asking for supernatural help to accomplish the burden that was on his heart to do it, and God granted his request to rebuild. Amen!

So here are a few options for *fasting* (optional)...

- ½ day fast. Skip a meal (breakfast, lunch, or dinner) and pray and read the Bible during that time. Talk to God about the vision that He has given you.
- 6am-6pm – Water, juice, prayer, and reading the Word
- Full Day – 6am-6am: Water, juice, prayer, and reading the Word

NOTE: If you have any health issues, talk to your doctor before you begin your fast.

*One of my favorite verses when doing God's will is found in Proverbs 16:3, "Commit your actions to the Lord, and your plans will succeed." Hold onto this one!

Goal Kit for 2020

Worksheet 1

1.) What is your vision for 2020?

2.) Write down 5 things that you need to START working on in this season?

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____

3.) Spending time with God is very important. So what will be a good time in your day to implement your devotional time? Write your preference here and try to stick to it (I know seasons change. Yet, having a good starting place is the goal here).

Morning _____

Lunch _____

Evening _____

4.) What is your Scripture for 2020? (When choosing a Scripture for 2020, it will help encourage you throughout the year. You can place it around you in different places. For instance, your purse, mirror, drawer, inside your car, your office, refrigerator, on your vision board, etc.). So, what is your verse?

Goal Kit for 2020

Worksheet 2

*Write out 3 Goals for 2020 in each section.

Spiritual Goals

- 1.) _____
- 2.) _____
- 3.) _____

Ministry Goals

- 1.) _____
- 2.) _____
- 3.) _____

Business/Job Goals

- 1.) _____
- 2.) _____
- 3.) _____

Physical Goals

- 1.) _____
- 2.) _____
- 3.) _____

Personal Goals

- 1.) _____
- 2.) _____
- 3.) _____

Additional Goals:

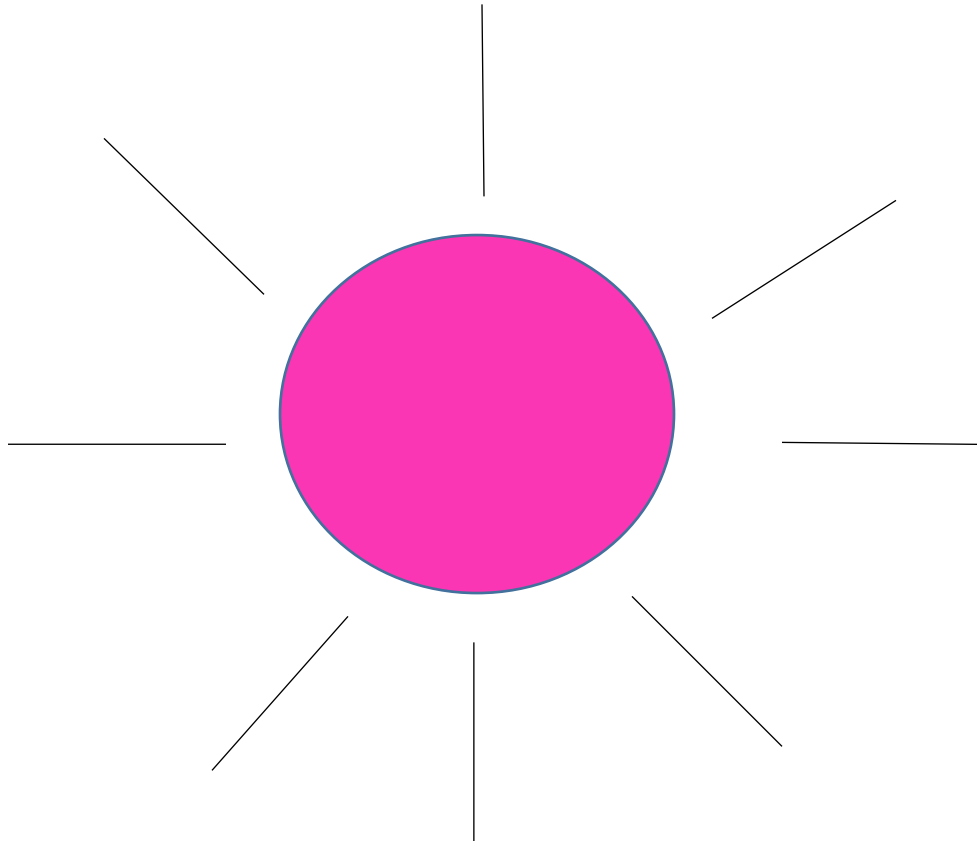
- 1.) _____
- 2.) _____
- 3.) _____

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Worksheet 3

“Think & Write” Brainstorming Exercise

(Write down everything that pertains to a particular goal. For example, in the center, write down one of your goals and then write out everything that relates to that goal. Have FUN with this one & print it out!)



Additional Ideas

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Worksheet 4

“Take Action” Exercise

In this section of the Goal Kit, this is where you are going to actually create an action plan for all of the ideas that you have written from the “Brainstorming Exercise” in Worksheet 3 (page 5). It’s time to figure out what you are going to do to get things moving in 2020. Ready?

*For example: Goal - **Create a new blog post**

Action Step: **Write the post on Saturday, so that your first one will be ready to go out on Monday.**

1.) Goal: _____

Action: _____

2.) Goal: _____

Action: _____

3.) Goal: _____

Action: _____

4.) Goal: _____

Action: _____

5.) Goal: _____

Action: _____

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Worksheet 5

“Block Your Time” Exercise

This is the exercise where you are going to block your time in your day to get things checked off. You and God know what you need to accomplish to be productive and successful this year, and a schedule needs to be included. Here’s an example...

Date: Tuesday, January 7, 2020

5am – 6:30am – Start Devotion (prayer, reading the Word, studying a book of the Bible, etc.)

6:45am-8:30am – Get kids ready and out of the house for school and send out blog

8:45am-9:30am – Respond to emails

9:45am - 10:45 – Work on email blasts

11am – 12pm – Write blog for the next week

12pm-1pm – Lunch time

1:05pm – 2:05pm – Write article for magazine

2:15pm – 3:15pm – Schedule social media posts

3:15pm – 4:30pm – Pick up Kids and run errands

5pm – 6pm – Dinner

6:15pm – 7:15pm – Straighten up house

7:30pm – 8:30pm – Read a little, prepare schedule for the next day

8:30-9pm – Prepare kids for bed (story or brief devotional & prayer)

9:05pm – 10pm – That’s it! The day is over! Relaxing

***Get it, sis? Create your schedule for the rest of the day today or tomorrow, and check it off when each thing is done. It works! This is how you block your time and reach your daily goals effectively and efficiently.**

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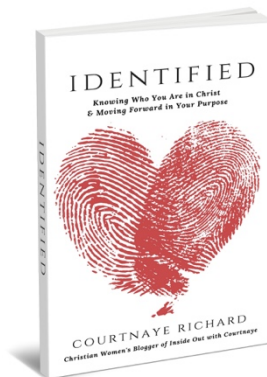
“10 Creative Vision Ideas”

- 1.) Create a vision board (post pictures to it, Scriptures, quotes, personal encouragement and affirmations, ideas, etc. – also check out Pinterest for more vision board layouts).
- 2.) Purchase a cute notebook and write down all of your ideas throughout the year in your new “Vision” book. Buy it today and start now! ;-)
- 3.) Host a Vision Party at your house and invite some friends over (research ideas online).
- 4.) Buy a flip chart (a big one from Office Depot) and be creative with markers to draft a plan on each page. It’s really great to come back to see what you’ve actually done.
- 5.) Scrapbook it! Make a Vision Scrapbook (with the same suggestions from #1).
- 6.) Make a Sticky Board – Just have fun with this one! Buy some sticky notes and start writing down ideas or things that you know need to get done and then stick it! Then, once you complete each new task, throw that sticky away! Talk about productivity!
- 7.) Write out 3 FUN things that you would like to do in 2020 and do it! What are they?
 - 1.) _____
 - 2.) _____
 - 3.) _____
- 8.) Create some deadline to get things checked off for your vision.
- 9.) Write your Vision Statement for 2020.
- 10.) Write down your top 5 priorities for each day and get things completed.

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Resources

- Recommended Book, “Visioneering: God’s Blueprint for Developing & Maintaining Vision” by Andy Stanley
- Book: “Discover Your God-Given Gifts” by Don & Katie Fortune
- Book: “The Everyday Visionary: Focus Your Thoughts, Change Your Life” by Jesse Duplantis
- Book: “The Favor of God” by Jerry Savelle
- Book: “Becoming a Vessel God Can Use” by Donna Partow
- Article for Hope for Women Magazine (see next page)
- ***Like my Facebook page, “Inside Out with Courtayne” TODAY!** So we can continue to grow together (great Scriptures, helpful articles, receive my weekly blog, encouragement for you, Freebies, events, etc.)
- And don’t forget to order my book, “IDENTIFIED: Knowing Who You Are in Christ & Moving Forward in Your Purpose.” It’s a GREAT book for a visionary such as yourself! Grab it from www.Amazon.com or you can download it on your Kindle or Nook TODAY!



Write the Vision for 2020

By Courtayne Richard



Prepare yourself early for success!

Here are a few practical ways of how you can get ready for 2020 in advance:

- Pray and ask the Lord to give you wisdom on what needs to be done in the New Year relating to your vision. Be still and know that He is God and trust His guidance through every pen stroke.
- Purchase a white poster board, grab a few colored markers, and prepare to be creative! Draw a big circle in the middle of the poster, with several lines (such as an outline), and write 2020 right in the center. From there, begin writing down what the vision entails. Let it flow. This could be quite fun, but even more productive.
- Sit quietly at your kitchen table or home office, close your eyes, and envision your business, ministry, or idea in full operation or gear. What do you see? Who do you see working to help you fulfill it all? Whatever you see behind your closed eyelids, open your eyes and write it down. Then repeat the exercise until you have it all written down. You'll be amazed at what you see when it's all right in front of you!
- Write your vision statement (you'll need this if you're planning on starting a business or non-profit organization anyway. Why not get a head-start).
- Journal it! Record the new things that you would like to do or try in 2020. This practical activity is not only about being proactive, but refreshing and therapeutic as well. Look at it in an even brighter way – it's a great way to look back to see your progress throughout the year and at the end of it.

- Order or purchase the book, “Vioneering: God’s Blueprint for Developing and Maintaining Vision” by Andy Stanley. Great read and it’s action-packed! ;-)

It’s time to take action on your goals! Are you ready? Believe it, see it, write it, and get ready for success in 2020.

Courtnaye Richard is a Christian writer, blogger, author of the book, “IDENTIFIED: Knowing Who You Are in Christ & Moving Forward in Your Purpose,” and speaker who loves writing and speaking to women to help them grow in their daily walk with the Lord. She's all about real life, real talk, and real faith! For more info, visit www.insideoutwithcourtnaye.org. Also, be sure to "Like" her page on Facebook and follow her on Twitter and Instagram.

Thank You!

And I pray that this helps you!

If you need further help in the year to come through my one-on-one/group mentorship program, or PR & Marketing services, please visit www.insideoutmediagroup.com for more details and to schedule a FREE 30-Minute Vision Call with me!

I look forward to connecting with you further!

Visit TODAY!

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