

Inside  *Out*

with Courtney

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

WWW.COURTNEYRICHARD.COM

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

Goal Kit for 2021

Well, hello there, Sis!

It's 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 2021, right!

For starters, I'm going to jump right in with encouragement 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 2021. Jesus fasted before He started His ministry. He set aside precious time to spend with the 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 or the desires of your heart.
- 6am-6pm – Water, juice, and/or tea, prayer, and reading the Word (no coffee, as it will give you energy)
- Full Day – 6am-6am: Water, juice, and/or tea, 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!

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Worksheet 1

1.) What is your vision or desire of your heart for 2021?

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 or “word” for 2021? (When choosing a scripture or word for 2021, 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, vision board, etc.). So, what is your verse or word?

Goal Kit for 2021

Worksheet 2

*Write out 3 Goals for 2021 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:

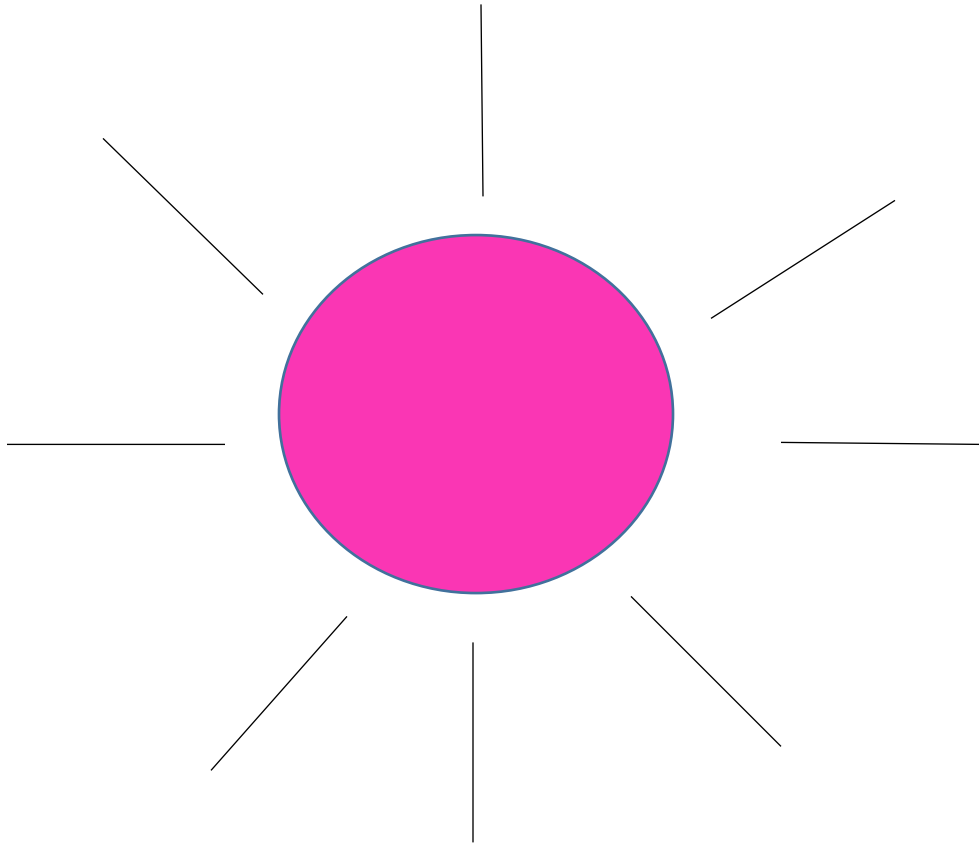
- 1.) _____
- 2.) _____
- 3.) _____

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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 2021. 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: _____

Goal Kit for 2021

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 5, 2021

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.**

Goal Kit for 2021
“10 Creative Vision Ideas”

- 1.) Create a vision board (post pictures to it, Scriptures, quotes, personal encouragement and affirmations, ideas, etc. – also check out Pintrest 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 2021 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 2021.
- 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
- ***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.)
- ***Join my Facebook Group called, “Christian Women of Impact” – FREE Private Group**
- ***SIGN UP for my upcoming weekly “Global Group Study” as we go through my 52-Week Devotional entitled, “Inside Out with Courtayne: Growing from the Inside Out One Week at A Time.” Sign up here for FREE...**
<https://www.courtneyrichard.com/global-group-study>
- ***Need a Mentor for to help you start or grow your ministry, brand, or business, schedule a FREE 30-Minute “Vision Call” with me and let’s talk about your vision and goals for 2021. Click below to see my services and to schedule your call...**
<https://www.insideoutmediagroup.com>.

Thank You!

And I pray that this helps you!

Remember, if you need further help for 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 your FREE 30-Minute Vision Call with me!

I look forward to connecting with you further!

Visit TODAY!

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