



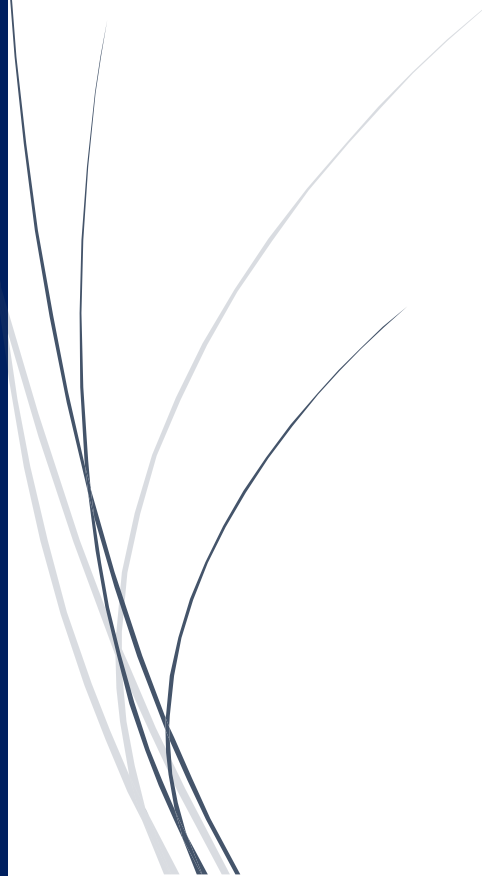
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2025

Life Review & Vision Worksheet

This worksheet can be used by individuals or married couples/families for annual vision planning. Allow a considerable amount of time to ensure thoroughness of the planning process. Complete this worksheet in a quiet space. You may need an annual calendar, previous year's major life goals and any other reference material that will help you determine your goals for the coming year. Life will happen, items on this vision worksheet may change, not get done or remain incomplete. Remember to be flexible in shifting if needed, changing course or updating goals.

Curated by
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Life Review & Vision

Before you move forward, take some time to assess where you've been . The following **Life Audit Review** questions are meant to help you evaluate how the year has been:

1. What were the major happenings in my life this year? Consider the key Als i.e., your spiritual, mental, emotional, financial, physical, sexual, intellectual etc.

2. What did these happenings teach me about my connection to God, self and other people? What did I learn?

3. What could I have changed or done differently OR which aspect will I make longer/shorten?



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4. What were my patterns of thoughts, behaviors, actions, reactions, and responses to life changing situations? What were my dominant emotions and feelings and how did I adore or see God despite how I felt?

5. Conduct a time audit: how did I spend time in my spiritual, mental, emotional, financial, physical, and relational life? What Fruit of the Spirit did I mature in or regress in?

6. How was my energy level daily? Mostly tired? Mostly stable? Mostly burned out? Why was my energy level this way and what can I change in the coming year?



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7. What activities, conversations, experiences filled me up? Who filled me up?

8. Here are the things I am embracing and saying good-bye to. (List doors that you believe God is closing and the doors you believe God is opening).

9. How did I show up every day? Was I consistent, present, and intentional? How does it feel like to be on the other side of me?

10. In what ways did I enjoy God? (List some ways in which godly decision progressed you and areas that you went your own way – repent before beginning next year's focus)



Life Review & Vision

With your **Life Review** for the year done, now you get to write your God directed **Life goals** for the new year:

Area of Focus	2025 Goals	2026 Goals
Spiritual <i>(personal relationship with God)</i>	1. 2. 3.	1. 2. 3.
Financial <i>(financial outlook)</i>	1. 2. 3.	1. 2. 3.
Relational <i>(friendships, marriage etc)</i>	1. 2. 3.	1. 2. 3.
Health <i>(include fitness, routine check-ups)</i>	1. 2. 3.	1. 2. 3.
Career <i>(include professional development, transitions)</i>	1. 2. 3.	1. 2. 3.
Family <i>(connectedness, growth and love in action)</i>	1. 2. 3.	1. 2. 3.
Church/Community <i>(engaging with church family e.g. serving, small groups)</i>	1. 2. 3.	1. 2. 3.
Emotional/Mental Wellbeing <i>(ensure you have this balance)</i>	1. 2. 3.	1. 2. 3.
Travel and Fun <i>(take time to rest and enjoy your life)</i>	1. 2. 3.	1. 2. 3.



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"Plan but remember God directs so hold your plans loosely and allow God to surprise you."

Before looking ahead, remind yourself about who you are:

- Who am I? Genesis 1:27, John 1:12, 2 Corinthians 5:17, Ephesians 2:10, Galatians 4:6-7, 1 Peter 2:9 Therefore, my Identity is:
- Why am I here? My Purpose: Matthew 6:33, 1 Corinthians 10:31, Ephesians 2:8-10, Therefore, my fundamental purpose is _____ and my calling(s) include:
- Where am I going? Psalm 139:7, 2 Corinthians 4:18, Hebrews 12:2, Romans 12:2, Galatians 5:22-23 Therefore, my destination is:



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1. Moving forward into the New Year, I am choosing to focus on these open doors from God:

2. Here are my hopes for the New Year and how I will celebrate big and small wins:

3. Motivational Scriptures propelling me into the New Year *(list your favorite scriptures)*:

“Renew my mind Lord. Quiet my heart with your PEACE. Comfort me with your LOVE. Humble me with your PATIENCE. Fill me with your JOY. Show me with your KINDNESS. Remind me of your GOODNESS and FAITHFULNESS. Guide me with your GENTLENESS. Discipline me with your SELF-CONTROL.
In the MIGHTY name of Jesus I pray. Amen!”



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4. Conduct a time alignment: here is how I want to be intentional in my spiritual, mental, emotional, financial, physical and relational life.

5. What do I hope to change about the time and attention I allocate to working my priorities?

6. Here are some thoughts, behaviors, actions, attitudes, I will start engaging, stop engaging, continue engaging, or change:

“Success is accomplishing your priorities. You succeed at what you prioritize and whatever you schedule, gets done.”



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Bonus Exercise: Navigate Life Vision Priorities from the Inside Out

Write some motivational scriptures that will propel and sustain your faith, your, hope, your love through the year

(list your favorite scriptures and add as the year unfolds):

“We can have all the intention to consistent in the New Year and still, can fall short. When this happens, do not beat yourself up. Instead, become aware of your humanity and the importance of depending on God as your source and resource. Do not grow weary in doing good, workout your salvation with fear and trembling, do not let anyone or anything cut you off your path of righteousness. Remember, as long as Jesus is in the boat, you can smile at the storm. As long as Jesus is leading you, you can look ahead with hope, trusting that He goes before you and has made all crooked paths straight. This year is your year, run your race with perseverance and endurance. Run your race well. Be good, be godly.”

Sincerely,

Kate A. Coker-Daisie