



Goals Check In

© 2026 ThinkLikeChristMentalHealth.com Disclaimer: This is a faith-based educational resource, not clinical therapy. Use of this worksheet does not establish a therapist-client relationship with. Not intended to treat or diagnose. In crisis, call 988.

A decorative border of a leafy vine with small flowers and leaves surrounds the entire page.

Goals Check In

"He who began a good work in you will carry it on to completion..."
Philippians 1:6

Let's check in with those goals you set! This is the perfect time to pause, celebrate your progress, and recenter your mind. Use this simple guide to reflect on how far you've come and reset for the season ahead.

1. Reflect on the Good (Looking Back)

Let's take a moment to celebrate the progress you have made!

- Name one personal or mental health "victory" you've had so far? (e.g., resting when tired, setting a boundary, or practicing self-compassion)
- Where have you seen God's goodness, comfort, or provision recently?

2. Check Your Heart (Right Now)

Being proud of exactly where you are today.

- What is currently draining your energy?
- Write down a heavy thought or fear you need to give to God today? (1 Peter 5:7)

A decorative border of a vine with leaves and small flowers surrounds the entire page.

Goals Check In

"He who began a good work in you will carry it on to completion..."
Philippians 1:6

3. Set Your Focus (Looking Forward)

Partnering with God for the rest of the journey.

- My Mental Wellness Goal: How do you want to better care for your mind in the season ahead?
- My Physical Goal: What is one gentle way you want to honor your body as a temple? (e.g., taking a 15-minute daily walk, drinking more water, or resting when sick)
- My Spiritual Goal: Name one simple way you want to connect deeper with God?
- My Next Step: List one small, realistic step you can take this week to move toward these goals?

Prayer: Lord, thank You for the grace You've given me to check in with you on my goals. Please take my fears and replace them with Your peace. Guide my steps, help me honor the body and mind You've given me, and renew my spirit for the journey ahead. Amen.