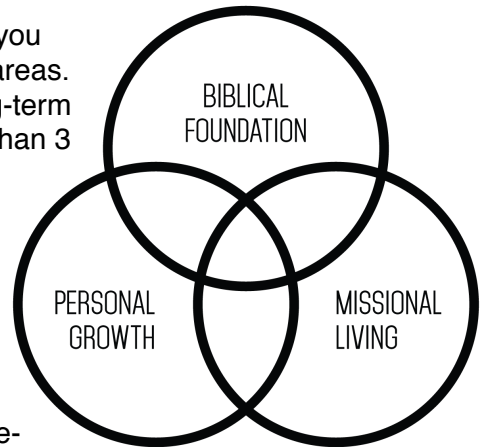


# Individual Growth Plan (IGP)

As disciples, one of God’s purposes for our lives is to continue to grow and be conformed to the image of Christ (Rom. 8:28-29). At Graceway, we believe that the discipleship process is life-long and that one never finishes growing. We approach discipleship through three components: building a biblical foundation, growing personally, and living missionally. As a church, we want to be intentional about supporting you in your growth.

The purpose of the IGP (Individual Growth Plan) is to help you become intentional about your growth in all three of these areas. Your IGP is a plan that could include short-term and/or long-term goals. We recommend that you create plans for no longer than 3 month periods. After you have formed your plan, creating weekly and/or daily tasks is recommended as well.



## Consider the following suggestions.

Ask God to give you wisdom and to inspire you. It can be helpful to set aside a few hours to seek God and begin to write down what you believe He is inspiring you to do.

These can involve more immediate objectives as well as life-long aspirations.

Consider a holistic approach to your growth in the three components of discipleship that would include looking at spiritual, relational, emotional, intellectual and practical growth needs.

Consider the components of holistic growth:

<b>Spiritual</b>	<b>Relational</b>	<b>Emotional</b>	<b>Intellectual</b>	<b>Practical</b>
<ul style="list-style-type: none"> <li>• Growing understanding of who God is.</li> <li>• Confidence in a relationship with Him.</li> <li>• Learning who I am made to be.</li> <li>• Worship, prayer, interaction</li> </ul>	<ul style="list-style-type: none"> <li>• Meaningful connection to others.</li> <li>• Growth in communication skills.</li> <li>• Growth-fostering inter-personal skills.</li> <li>• Vulnerability &amp; empathy.</li> <li>• Healthy traits in all relationships.</li> </ul>	<ul style="list-style-type: none"> <li>• Growing self awareness.</li> <li>• Healing &amp; recovery.</li> <li>• Handles life’s challenges.</li> <li>• Care of one’s emotional and mental well-being.</li> </ul>	<ul style="list-style-type: none"> <li>• Life-long learning as part of one’s growth.</li> <li>• Makes connection between learning and practical application.</li> </ul>	<ul style="list-style-type: none"> <li>• Physical health</li> <li>• Financial health</li> <li>• Healthy decision making</li> <li>• Managing the practical pieces of life.</li> </ul>

## Look to include others in your plan.

God is already at work in your life and other people can play an important role in helping us gain the insight and grace to move forward. Sometimes it is helpful to have others keep us accountable to our goals. Your Peer Guide is a resource to partner with you and can help point you to other GW and non-GW opportunities.



### When developing your goals use the acronym SMART!

**Specific:** Create specific goals that clearly define what you expect. Use action verbs.

**Measurable:** How will you measure their success? -- Quantity, quality, timed or cost

**Achievable:** Neither too easy nor too difficult.

**Realistic:** Do you have the skills and talents necessary to achieve this goal?

**Time-based:** When will you begin? When will you finish?

## Step 1: Questions to get started

What would you like to have said about you, 10 years from now?

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From your past/present work and/or ministry life, write down the components you enjoyed most and the ones you enjoyed least.

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Make a list of your abilities and talents. Find a loving and honest person to speak into your list and provide additional perspective.

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### Step 3: Building your Individual Growth Plan

For each of your responses from above, write down 5-6 logical steps to get there. (It may be helpful to include your Peer Guide and others to provide you with additional perspectives on your goals and to think through your steps.)

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#### Building a Biblical Foundation

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Goals surrounding a biblical foundation are related to growing in your faith and connecting with God. (with a date/frequency assigned for each)

**Example**

Goal: I would like to invest 30 minutes per day before work having a quiet time with God in worship, prayer, and/or reading the Scriptures (daily).

- Wake up earlier each day
- Find a reading schedule or book to begin reading
- write down a prayer list
- make a playlist of worship music

Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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## Personal Growth

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Personal growth goals are limitless. These could relate to relationships, professional life, or physical and emotional health. They could touch on marriage, parenting, finances, exercise. (with dates / frequency assigned for each)

**Example**

Goal: I would like to build a stronger marriage with my spouse.

- Attend Graceway's marriage class with spouse (June 15 - July 24)
- Pray with my spouse (once a week)
- Setup a date night once a month
- Put my phone away while having dinner

Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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## Missional Living

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These are goals I have set for myself related to my role in God's mission. These could include your ministry and career (with dates / frequency assigned for each)

**Example**

Goal: I would like to commit to serving the body of Christ two times per month starting May 1.

- Pray about where God would like to use my talents or gifts.
- Look at areas that I can serve at Graceway at [visitgraceway.org/serving](http://visitgraceway.org/serving)
- Contact the ministry leader

Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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Goal: \_\_\_\_\_

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