

P.R.D.

Personal Retreat Day

Seek His will in all you do, and He will direct
your paths. (Pr. 3:6)

**Goal: to maximize my life for God by
concentrating on spiritual growth, self-
improvement and goal-setting.**



The PRD Process:

1. Meet with God

- Scripture
- Prayer
- Meditation & Contemplation

2. Stretch your Mind

Read something stimulating to mind or soul, that will grow you as a person, or improve your capacity to serve the Lord in your ministry.

3. Set your Goals

- Work on Life Goals (just re-read your goals, if you already have them written)
- Work on Annual Goals (just re-read your goals, if you already have them written)
- Work on this month's Goals (esp. in light of your Annual Goals)

4. Determine your Action Steps

- Write detailed action steps, with specifics and dates for your key goals.

5. Review and Commit it all to God

Actions:

- QT
- Reading
- Evaluation of the past
- Goal-setting for the future

Evaluation Questions:

- What has given me the greatest satisfaction?
- What has been the greatest challenge?
- What could have been better had I more time, money or help?
- What would I do differently in the future?
- What steps have I taken to achieve my 5-year or lifetime goals?

Goal-setting Questions:

- What will give me the greatest results with the least work?
- What will give me substantial results with modest adjustments?
- The 80/20 Question: Where do I get 80% of my results from 20% of my work?
- What am I now doing that I do not need to be doing? Should anyone be doing it, or should it be trashed?
- What goal will give me the greatest satisfaction?
- What goal will relieve me of my biggest challenge?
- What steps do I want to take to achieve my 5-year or lifetime goals?



P.R.D. REVIEW

for _____

Personal Retreat Day, dated _____

Seek His will in all you do, and He will direct your paths.
(Pr. 3:6)

Goal: to maximize my life for God by concentrating on spiritual growth, self-improvement and goal-setting.

The PRD Process:

1. How I chose to meet with God today:

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Scripture | <input type="checkbox"/> Prayer |
| <input type="checkbox"/> Fasting | <input type="checkbox"/> Meditation & Contemplation |
| <input type="checkbox"/> Other _____ | |

2. Key guidance from God today related to:

3. Stretching my Mind

Read something stimulating to mind or soul, that will grow you as a person, or improve your capacity to serve the Lord in your ministry.

I read _____

4. Setting/Reviewing my Goals

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> LifeGoals | <input type="checkbox"/> Annual Goals |
| <input type="checkbox"/> This Month's Goals | <input type="checkbox"/> Action Steps |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Evaluation |

5. Review and Commit: As a result of today's PRD, I will be taking the following actions:

(Pick a couple of Evaluation & Goal-setting questions and write your response.)

Evaluation Questions:

- What has given me the greatest satisfaction?
- What has been the greatest challenge?
- What could have been better had I more time, money or help?
- What would I do differently in the future?
- What steps have I taken to achieve my 5-year or lifetime goals?

Goal-setting Questions:

- What will give me the greatest results with the least work?
- What will give me substantial results with modest adjustments?
- The 80/20 Question: Where do I get 80% of my results from 20% of my work?
- What am I now doing that I do not need to be doing? Should anyone be doing it, or should it be trashed?
- What goal will give me the greatest satisfaction?
- What goal will relieve me of my biggest challenge?
- What steps do I want to take to achieve my 5-year or lifetime goals?