



BIBLICAL WOMANHOOD PLAN **Writing an Action Plan**

You've spent some time reflecting on your own life in light of what you've learned of Biblical Womanhood. And you've done some dreaming about your future—the outcome of a life lived pursuing God's design. Now you are ready to take practical steps to move from where you are to where God calls you to be. This week, you'll formulate some goals or **action items** for moving forward. This will be your "Biblical Womanhood Plan."

Make the action items you write SMART:

- S — Specific: Goals should not be vague or abstract, but practical and concrete.
- M — Motivating: Come up with goals that you truly **want** to achieve. Have a positive vision for what life will be like when this goal is met.
- A — Attainable: Be realistic. Don't set yourself up for failure by being too ambitious or idealistic. If a goal is too large, break it down into more reasonable steps.
- R — Relevant: Keep the big picture in mind. Plan goals that really move you toward the ultimate goal—Biblical Womanhood.
- T — Trackable: Identify action items that allow you to measure success or completion. Include timeframes, frequencies, and deadlines.

Biblical Womanhood Goals **SMART Examples**

- I will start a Scripture Memory plan based on Biblical Womanhood concepts, adding one new verse a month.
- I will establish a routine for my inner beauty (a daily Quiet Time with God) and ask a friend to hold me accountable to maintain my commitment.
- This week, I will ask forgiveness from husband for my lack of respect shown him during our marriage.
- Based on my husband's input, I will purposely be helpful to him in one new way each week.
- I will set aside specific times in the week to nurture each of my children, individually.
- I will establish a mentoring relationship with a teenage girl this year.
- I will discover my spiritual gift(s) and begin using them in some effective way for the glory of God.
- I will meet twice a month with a group of friends who are committed to these principles of Biblical Womanhood to encourage each other on our plans.

Make this plan your own. Write it in any style or format that's helpful to you. Whether a one-page bullet-pointed outline, or a "chatty" journal entry; a planner you post on your refrigerator, or artwork for your home...be *creative!* This Plan is for YOU. It should fit YOUR personality.

Perhaps the most important part of your plan will be accountability. Who is there to listen to your goals and give you feedback? Who will help you achieve them? Who will know how you are doing? Who will you tell about your struggles and your progress? Before the end of the study, identify an individual or a group of women who will meet with you in the coming months to "spur you on toward love and good deeds."

Aim to strike a balance between keeping your vision lofty and your goals attainable. Remember where you're headed, then take a Next Step in that direction. Push yourself to grow, but beware of taking on so many Action Items that you give up. Better to follow through on one item than to give up on ten. Remember that your Biblical Womanhood Plan is always a work in progress. You can revisit, revise, and adjust it whenever you want. But begin now while the vision is fresh!