Ramona Valenzuela

**SMART Goals**

**S Specific**

What am I going to do? Why is this important to me?

* I want to build-up my confidence to volunteer in opening or closing prayer in a group.
* It is important to me because I want to lead a prayer group.

**M Measurable**

How will I measure my success? How will I know when I have achieved my goal?

* I will measure my success when I volunteer to open or close prayer with full confidence in a group setting.
* I will measure my success when I hear myself praying confidently the word of God from the knowledge I possess.

**A Attainable**

What will I do to achieve this goal? How will I accomplish this goal?

* I will observe and take notes from others opening or closing prayer
* I will practice opening or closing prayer in a group setting when I feel confident to practice
* I will ask the DG lead and prayer warriors colleagues to guide and provide me some tips to opening or closing a prayer
* Use self-affirmation strategies that will help me build up my confidence to lead a prayer
* I will accomplish this goal by taking the steps of asking others to help me practice and guiding me through a prayer, as well as identifying my strengths I possess- self affirmations.

**R Relevant**

Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?

* It is worthwhile because it will allow me to have success in leading a Godly prayer group
* Achieving this goal will help me to speak confidently while leading a prayer warrior group
* The goal fits my values because I want to do the work God has called me to accomplish

**T Time-Bound**

When will I accomplish my goal? How long will I give myself?

* I will accomplish my goal after volunteering many occasions to opening or closing prayer in prayer warrior sessions and in DG group sessions.
* I will give my self by the end of the prayer warrior 2 sessions to complete my goal

**Action Plan**

**My goal is**:

My goal is to open or close prayer with confidence.

**Date to finish How will I measure my success?**

**At the end of prayer warrior 2 sessions**

**Steps to Achieving my Goal. Ask for support and guidance from others in prayer warrior1 and 2, as well as others in my DG group**

**Description Time: Time that is spent in DG and prayer warrior 1 and 2**

**Estimate: in ten sessions**

**Completion: I will complete my goal at the end of prayer warrior 2**

**Date: By the end of May, 2024**

**Obstacles that may arise How I will respond: I will connect to one of my DG colleagues that can help and guide me stay on track**

**Helpful Tools Helpful Resources: The Holy Bible-word of God, Tips and notes from others in The Way church, DG group, Prayer Warrior Classes, Seek help from University colleagues, Self-affirmation tips**