



7 Daily Goals Every Man Needs

The Bible tells us that man was created to reflect God's glory. Every day offers an opportunity to live life with divine purpose. Here are seven daily goals that will help every man find and fulfill God's great design for his life.

1. Get up on purpose.

Set a consistent time to wake up every day. This will help establish a well-defined routine. Sleep experts agree that a consistent bedtime and wake-up time are vital to improving sleep and productivity.

2. Spend time with God.

You may call it 'quiet time' or 'devotional time,' but spending time with the One who created you will set your tone for the entire day. Think about the time you spend with your children. They want to know you. God is the same. He wants us to want to know Him. The only way to do that is to spend time with Him.

3. Set priorities.

Setting priorities for your day will help you end the day with a feeling of accomplishment. Begin with the most difficult task. Getting it out of the way early will relieve stress and enable you to concentrate more fully on your other priorities.

4. Spend time with family.

Spending time just "hanging out" and being present with your family is vitally important. Find something they love to do and join in with them today. Even a few minutes of connecting will make a big difference.

5. Show gratitude daily.

"A cheerful (or grateful) heart is good medicine," Proverbs 17:22 (NIV). When we learn to be grateful every day, we learn to be content with what we do have, rather than what we don't.

6. Take time to reflect.

Take at least ten minutes every day to reflect. Here are some questions you may ask: *What are you grateful for today? What went well today? What could you have done better? Did I live with intentionality?*

7. Be graceful with yourself.

Remember, you are not called to perfection, but to purposefully live each day, as a gift from God.