





A NOTE FROM

# jennie

Hi friend,

Each new year brings review and reflection. We think of our time, our purpose, our dreams, and now, our emotions. I've learned that emotions aren't problems needing fixing; they're signals demanding feeling. They connect us—to ourselves, others, and God.

This year, we've added an Emotional Inventory to our Dream Guide. Why? Because understanding our emotions is crucial for everything else.

As a fixer at heart, I know how easy it is to bypass what I'm feeling and jump to problem-solving mode. My hope is that this addition can help you sit in those emotions, reframe them, and steward them as you dream about what is to come in the next year.

"Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life."

Galatians 6:4-5 MSG

In faith,

**THINGS TO  
GRIEVE**

**THINGS TO  
CELEBRATE**

# spiritual

 **TWO QUESTIONS TO CONSIDER AS YOU  
TAKE INVENTORY, PROCESS, AND LOOK AHEAD.**

1. How did you grow in the last year?
2. What are your goals for 2024?

**ALONE TIME//CONNECT WITH GOD**

**CHURCH//SERVE//TITHE**

**OUTREACH//MINISTRY**

**DISCIPLESHIP//MENTORSHIP**

# relational

 **TWO QUESTIONS TO CONSIDER AS YOU  
TAKE INVENTORY, PROCESS, AND LOOK AHEAD.**

1. How did you grow in the last year?
2. What are your goals for 2024?

**FRIENDSHIPS//FRIENDS I NEED//FRIENDS WHO NEED ME**

**MARRIAGE (IF APPLICABLE)**

**KIDS (IF APPLICABLE)**

**EXTENDED FAMILY//NEIGHBORS//COWORKERS**

# personal

 **TWO QUESTIONS TO CONSIDER AS YOU  
TAKE INVENTORY, PROCESS, AND LOOK AHEAD.**

1. How did you grow in the last year?
2. What are your goals for 2024?

**FOOD//EXERCISE//HEALTH**

**BOOKS TO READ**

**DREAMS//MEMORIES TO MAKE**

# work



**TWO QUESTIONS TO CONSIDER AS YOU  
TAKE INVENTORY, PROCESS, AND LOOK AHEAD.**

1. How did you grow in the last year?
2. What are your goals for 2024?

**FINANCES**

**PERSONAL GROWTH//EDUCATION**

**PROJECTS**

# emotional



**TWO QUESTIONS TO CONSIDER AS YOU  
TAKE INVENTORY, PROCESS, AND LOOK AHEAD.**

1. How did you grow in the last year?
2. What are your goals for 2024?

**RECOGNIZING YOUR EMOTIONS**

**FEELING YOUR EMOTIONS**

**SHARING WHERE YOU ARE EMOTIONALLY**



# conversation cards

# conversation cards

# conversation cards

**WHAT AREA OF YOUR LIFE  
DO YOU SEE THE MOST  
GROWTH IN THE PAST YEAR?  
BE SPECIFIC.**

**HOW CAN YOU HAVE  
MORE FUN EVEN  
WITHIN LIMITATIONS?**

**WHAT WOULD IT LOOK LIKE  
TO BE GENEROUS  
TOWARDS OTHERS?**

**WHAT HAS BEEN  
LOST IN THIS SEASON?**

**HOW CAN YOU  
STAY CONNECTED  
TO YOUR LOCAL CHURCH  
IN THIS SEASON?**

**WHAT DO YOU WANT  
TO LEARN MORE  
ABOUT RIGHT NOW?**

**WHAT ARE YOU  
HOPING FOR?**

**HOW CAN OTHER PEOPLE  
BETTER SUPPORT  
AND ENCOURAGE YOU?**

**THINK BACK OVER THIS LAST YEAR,  
WHAT IS AN EMOTION THAT  
COMES UP FOR YOU REGULARLY  
THAT YOU WOULD LIKE  
TO EXPLORE?**

**WHAT WOULD BE DIFFERENT  
IF YOU WENT DEEPER THAN  
'I'M FINE' AND WERE HONEST  
WITH OTHERS ABOUT  
WHAT YOU'RE FEELING?**

# So we're not giving up.

HOW COULD WE!

EVEN THOUGH ON THE OUTSIDE IT OFTEN  
LOOKS LIKE THINGS ARE FALLING APART ON US,  
ON THE INSIDE, WHERE GOD IS MAKING NEW LIFE,  
NOT A DAY GOES BY WITHOUT HIS UNFOLDING GRACE.  
THESE HARD TIMES ARE SMALL POTATOES  
COMPARED TO THE COMING GOOD TIMES,  
THE LAVISH CELEBRATION PREPARED FOR US.  
THERE'S FAR MORE HERE THAN MEETS THE EYE.  
THE THINGS WE SEE NOW ARE HERE TODAY,  
GONE TOMORROW.

But the things  
we cannot see now  
will last forever.

2 CORINTHIANS 4:16-18 MSG

DREAM GUIDE  
2024