



» Foreword »

DIGITAL GUIDE



WHERE WE'VE BEEN, WHERE WE'RE GOING.

WELCOME TO
» *Foreword* »

WRITING
THE STORY
FOR THE
FUTURE YOU.

Let's get started...

This is your Foreword Digital Guide. A journal that helps you reflect on the past year and write the Foreword for your next. These questions and exercises have been intentionally designed to help you uncover your patterns and design a great year for yourself.

The Foreword Digital Guide has three parts. The first part will help you review, learn from, and celebrate the year you're leaving behind. The second part is all about planning the future; you'll be dreaming, planning, and preparing to get the most out of the new year. Finally, the third part is a chock-full of note-taking templates for messages, and free space to journal through the rest of the year!

Directions:

- 1.** Print the digital guide or download it straight to your iPad (we recommend using the app Good Notes).
- 2.** Set aside a few hours of uninterrupted focus.
- 3.** Have an open and honest mind to be intentional and dream big.

For the full experience, visit one.online/foreword to watch video testimonies and download the Foreword playlist.

Foreword

IN EVERYTHING I DID,
I SHOWED YOU THAT BY THIS
KIND OF HARD WORK WE MUST
HELP THE WEAK, REMEMBERING
THE WORDS THE LORD JESUS
HIMSELF SAID: 'IT IS MORE
BLESSED TO GIVE THAN
TO RECEIVE.'

Acts 20:35

Get ready. Get ready. Get ready!

Prepare your heart and the space around you.

Close your eyes and take five deep breaths.

Be expectant to hear God's voice.

Start when you feel ready.

Where we've been.

REFLECT ON THE YEAR.

Go through last year's calendar week by week. If you see an important event, family gathering, friendly get-together, or significant project, write it down here to remember all that you accomplished and overcame.

Where we've been.

THIS IS WHAT MY LAST YEAR WAS ABOUT

We live our lives through distinct but interconnected aspects. Take a look at the areas below and ask yourself what the significant events in each of them were. Write down your answers.

PERSONAL LIFE, FAMILY

CAREER, STUDIES

FRIENDS, COMMUNITY

SELF-CARE, HOBBIES, CREATIVITY

PHYSICAL HEALTH, FITNESS

MENTAL HEALTH, SELF-KNOWLEDGE

MONEY, FINANCES

Where we've been.

SIX SENTENCES ABOUT MY PAST YEAR

THE WISEST DECISION I MADE...

THE BIGGEST LESSON I LEARNED...

THE BIGGEST RISK I TOOK...

THE BIGGEST SURPRISE OF THE YEAR...

THE MOST IMPORTANT THING I DID FOR OTHERS...

THE BIGGEST THING I COMPLETED...

Where we've been.

SIX QUESTIONS ABOUT MY PAST YEAR

WHAT ARE YOU MOST PROUD OF?

WHO ARE THE THREE PEOPLE WHO INFLUENCED YOU THE MOST?

WHO ARE THE THREE PEOPLE YOU INFLUENCED THE MOST?

WHAT WERE YOU NOT ABLE TO ACCOMPLISH?

WHAT IS THE BEST THING YOU HAVE DISCOVERED ABOUT YOURSELF?

WHAT ARE YOU MOST GRATEFUL FOR?

Where we've been.

THE BEST MOMENTS

Describe the greatest and most memorable, joyful moments from last year. Write them down. How did you feel? Who was there with you? What were you doing? What kind of smells, sounds or tastes do you remember?

Where we've been.

THREE OF MY BIGGEST ACCOMPLISHMENTS

LIST YOUR THREE GREATEST ACCOMPLISHMENTS FROM LAST YEAR.

WHAT DID YOU DO TO ACHIEVE THESE?

WHO HELPED YOU ACHIEVE THESE SUCCESSES? HOW?

Where we've been.

THREE OF MY BIGGEST CHALLENGES

LIST YOUR THREE BIGGEST CHALLENGES FROM LAST YEAR.

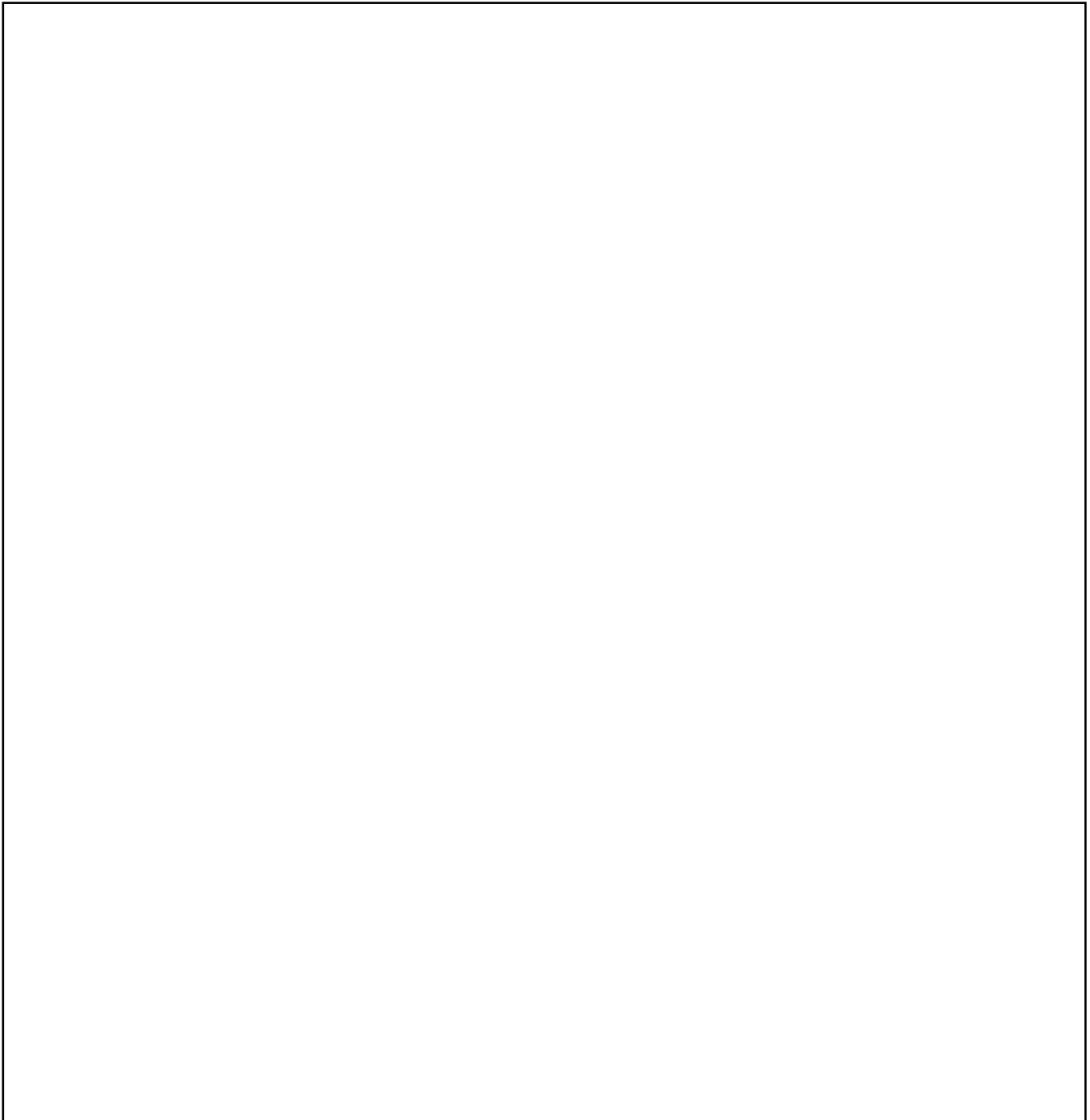
WHO OR WHAT HELPED YOU OVERCOME THESE CHALLENGES?

WHAT HAVE YOU LEARNED ABOUT YOURSELF BY OVERCOMING THESE CHALLENGES?

Where we've been.

FORGIVENESS

Did anything happen during the past year that still needs to be forgiven? Experiences or words that made you feel bad or guilty? Or are you angry with yourself? Write it down here. Do yourself good by forgiving.*

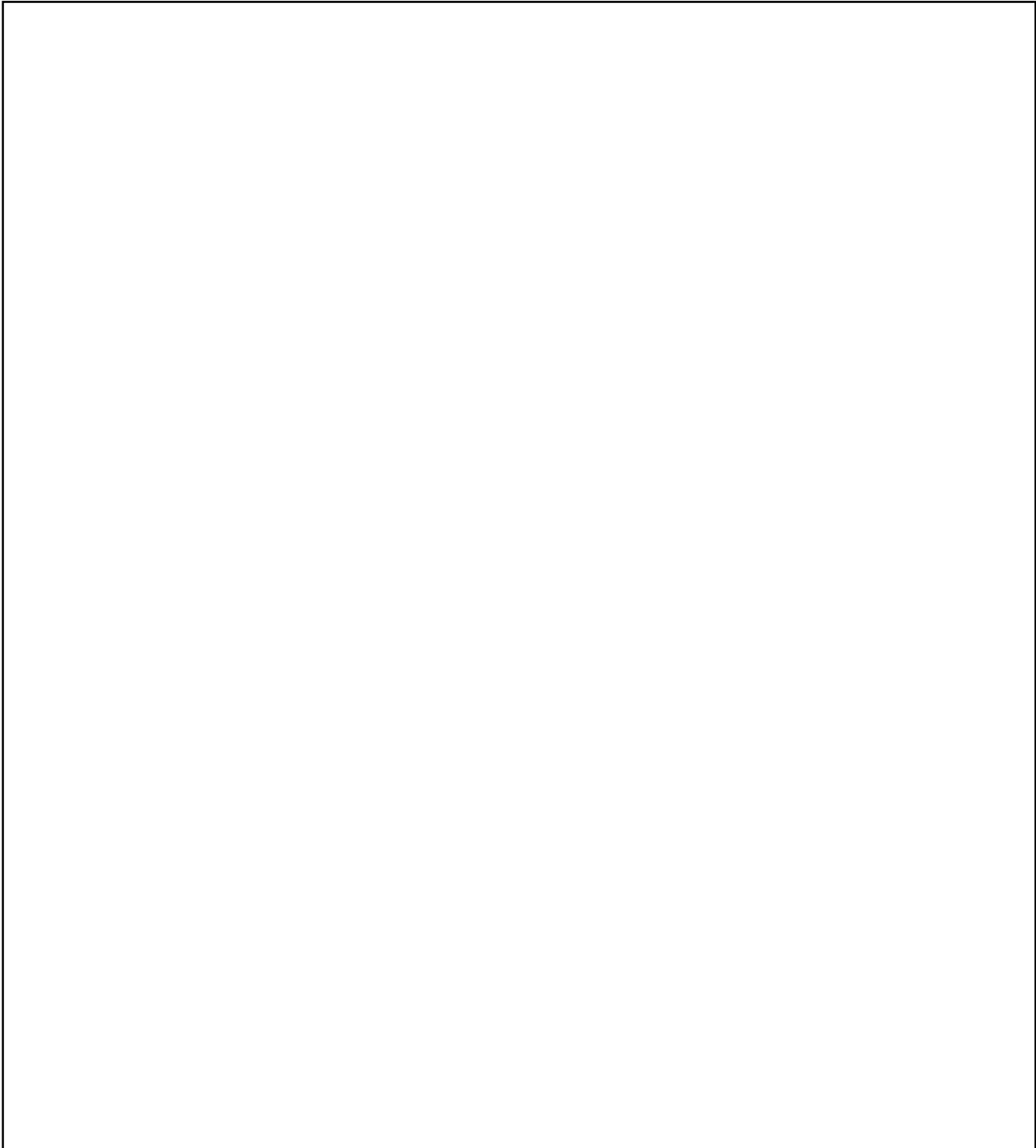
A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

* If you don't feel ready to forgive yet, jot it down anyway. It can work wonders.

Where we've been.

LETTING GO

Is there anything else you need to say? Is there anything you have to let go of before you can start your next year? Draw or write, then ask God to help you let it all go.



Where we've been.

THE PAST YEAR IN THREE WORDS

CHOOSE THREE WORDS TO DEFINE YOUR PAST YEAR.

THE BOOK OF MY PAST YEAR.

If a book or a movie was made about your past year. What title would you give it?

GOODBYE TO YOUR LAST YEAR

If there is anything else left that you would like to write down, or if there is anybody you would like to say goodbye to, do it now.

You're done with the past year.

YOU HAVE JUST FINISHED THE FIRST PART.

TAKE A DEEP BREATH.


GET SOME REST.

» Foreword »

2023

[ONE.ONLINE/FOREWORD](https://one.online/foreword)

»Foreword»



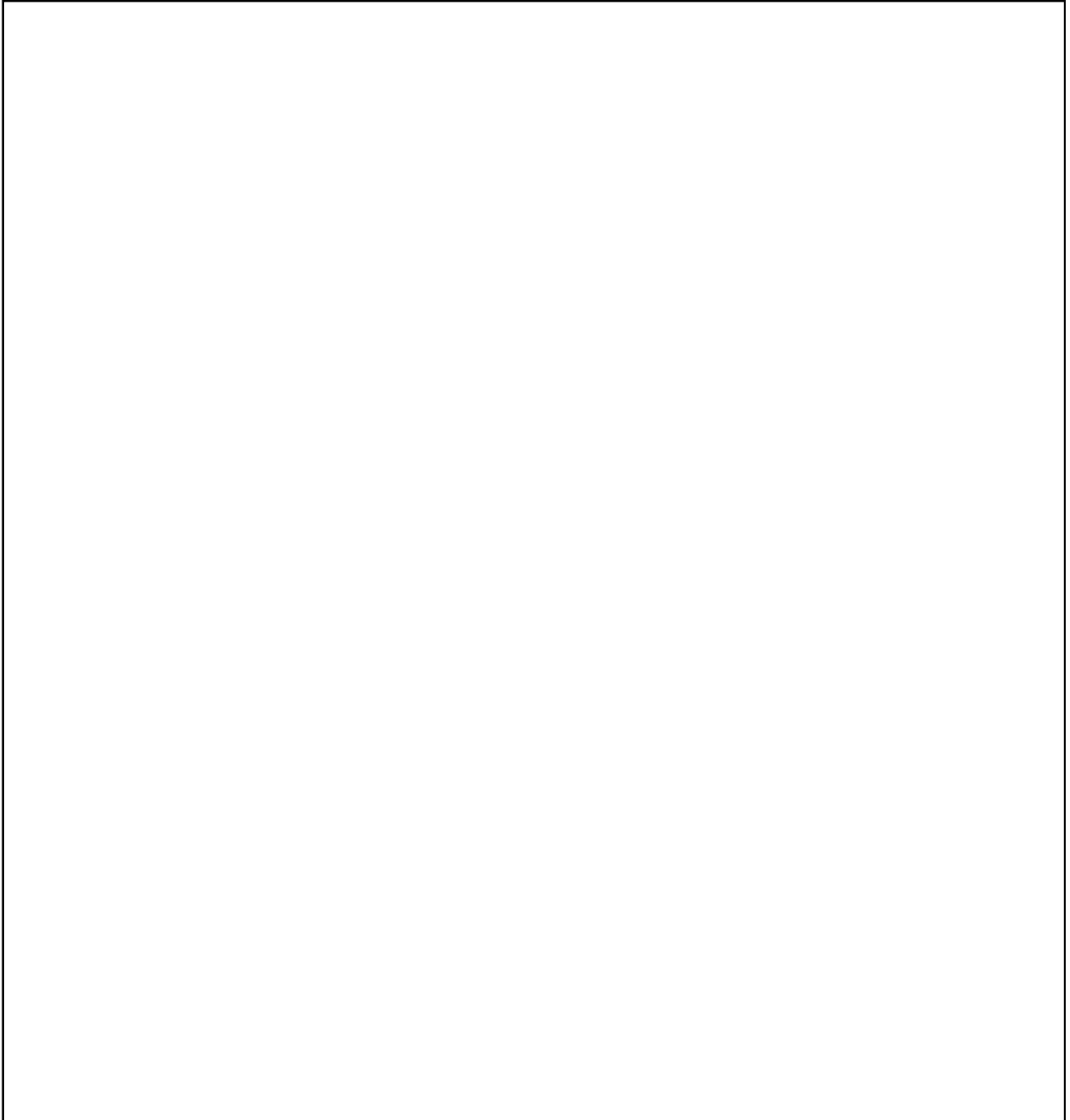
**LOOKING UNTO JESUS THE AUTHOR
AND PERFECTER OF OUR FAITH,
WHO FOR THE JOY THAT WAS SET
BEFORE HIM ENDURED THE CROSS,
DESPISING SHAME, AND HATH SAT
DOWN AT THE RIGHT HAND OF THE
THRONE OF GOD.**

Hebrews 12:2

Where we're going.

DARE TO DREAM BIG.

What does the year ahead of you look like? Why will it be great? What would happen in an ideal world? Write, draw, let go of your expectations and dare to dream.

A large, empty rectangular box with a thin black border, intended for the user to write or draw their response to the prompt above.

Where we're going.

THIS IS WHAT MY NEXT YEAR WILL BE ABOUT

Take a look at the areas of your life and decide on your goals for each of them for the next year. Write the vision and make it plain—this is the first step towards realizing them.

PERSONAL LIFE, FAMILY

CAREER, STUDIES

FRIENDS, COMMUNITY

SELF-CARE, HOBBIES, CREATIVITY

PHYSICAL HEALTH, FITNESS

MENTAL HEALTH, SELF-KNOWLEDGE

MONEY, FINANCES

Where we're going.

THREE THINGS FOR THE YEAR AHEAD

I WILL LOVE THESE THREE THINGS ABOUT MYSELF...

I AM READY TO LET GO OF THESE THREE THINGS...

I WANT TO ACHIEVE THESE THREE THINGS THE MOST...

THESE THREE PEOPLE WILL BE MY PILLARS DURING ROUGH TIMES...

I WILL DARE TO DISCOVER THESE THREE THINGS...

I WILL HAVE THE POWER TO SAY NO TO THESE THREE THINGS...

Where we're going.

THREE THINGS FOR THE YEAR AHEAD

I WILL CONNECT TO GOD BY DOING THESE THREE THINGS...

I WILL DO THESE THREE THINGS EVERY MORNING...

I WILL TAKE CARE OF MYSELF WITH THESE THREE THINGS REGULARLY...

I WILL VISIT THESE THREE PLACES...

I WILL CONNECT WITH MY LOVED ONES IN THESE THREE WAYS...

I WILL TRUST GOD IN MY FINANCES IN THESE THREE WAYS...

Where we're going.

SIX SENTENCES ABOUT MY NEXT YEAR

THIS YEAR I WILL NOT PROCRASTINATE ANYMORE BY...

THIS YEAR I WILL DRAW THE MOST ENERGY FROM...

THIS YEAR I WILL BE COURAGEOUS WHEN...

THIS YEAR I WILL SAY YES WHEN...

THIS YEAR I ADVISE MYSELF TO...

THIS YEAR I WILL TRUST GOD BY...

Where we're going.

MY WORD FOR THE YEAR AHEAD

Pray and ask God for the word that will symbolize and define the year ahead. You can look at this word if you need a reminder of God's promises for the year ahead.

SEARCH FOR SCRIPTURES THAT SPEAK TO THE WORD GOD HAS GIVEN YOU FOR THE UPCOMING YEAR.

Write your foreword for the upcoming year.

Act as if you are trying to encourage someone to read your story. What do you want readers to look forward to? What is the theme of your story for the upcoming year?

MY SECRET DESIRE

Be raw and vulnerable. What is something you are believing for next year that you have a hard time sharing with other people?

» Congratulations »

**YOU'VE WRITTEN YOUR FOREWORD!
NOW, LET'S MOVE FORWARD AND GET
EXCITED ABOUT WHERE WE ARE GOING.**

[ONE.ONLINE/FOREWORD](https://one.online/foreword)



» Sermon Notes »
