

Finding a Goal in alignment with your life purpose

Objective: to determine a Right-For- You Goal

Expected Result: A life plan that you can begin to follow deliberately.

Step 1 make a list of goals. This list contains goals you are already pursuing or have thought about pursuing or that are stimulated by the following questions:

1. What do you want to achieve in the next year?
2. What do you want to own by the end of next year?
3. What would you like to do by the end of next year?
4. What excites you most?
5. What would you have to become to do what you want?
6. Where would you like to be in 2 years?
7. Where would you like to be in five years?
8. Where would you like to be in ten years?
9. Where would you like to be in twenty years?
10. Where would you like to be in fifty years?
11. Where would you like to be in 100 years?
12. Where would you like to be in 1000 years?
13. What goals have you already given up on?
14. What would you really like to do?
15. If you knew you couldn't fail, what would you attempt?
16. When are you the happiest?
17. What do the people you most admire do?
18. What were your goals when you were younger?
19. What would you like to do just for the heck of it?
20. What do you consider to be too late to start on?
21. If it weren't for _____ what would you do?
22. What might not be impossible?

Step 2

On your list, rate the goals you are most interested in according to the following seven criteria: Rate: (1) very doubtful to (5) very certain.

1. The goal invites your attention and interest.
Thinking about it renews your strength.
1 2 3 4 5
2. Pursuit of the goal produces something of value to you.
1 2 3 4 5
3. The goal offers benefits to others equal to your own.
1 2 3 4 5
4. The goal presents an opportunity for self development (greater competence, understanding, or responsibility).
1 2 3 4 5
5. The goal is in alignment with a broader group goal and a still broader humankind goal.
1 2 3 4 5
6. The goal allows personal creativity and some degree of self management.
1 2 3 4 5
7. The goal presents the opportunity for personal recognition and some receipt of others' admiration.
1 2 3 4 5

Add the total score for each goal (35 is a perfect score).

If a goal scores between 25 and 35, it's probably an RFY goal. If you have several goals that scored between 25 and 35, see if you can come up with a larger, more expansive goal that encompasses and aligns all your RFY goals.

If you had only goals that scored between 15 and 25, see if you can modify one of the goals to score higher.

If all your goals scored below 15, you should take a walk and then repeat this exercise.