

GOAL SETTING

OBJECTIVE:

To determine a Right-For-You Goal

EXPECTED RESULT:

A life plan that you can begin to follow deliberately.

INSTRUCTIONS

STEP 1

On a clean sheet of paper, 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 two 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 one hundred years?
12. Where would you like to be in one thousand years?
13. What goals have you 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 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?