

GOALS

BELIEFS

- IF YOU ENVISION YOUR LIFE NOW AND 10,20 AND 30 YEARS FROM NOW; WHERE DO YOU BELIEVE YOU'LL LIVE, WHAT WILL YOUR WORK BE, AND WHO WILL BE THE PEOPLE CLOSEST TO YOU?
- WHAT DO YOU BELIEVE IS YOUR "MISSION" OR PURPOSE IN LIFE?
- HOW DO YOU BELIEVE YOUR LIFE WILL BE CHANGED BY THE ATTAINING OF YOUR BIGGEST GOALS?

EXPERIENCES

- WHAT ARE YOUR SPECIFIC LONG AND SHORT TERM GOALS? WHAT ARE YOUR PLANS FOR REACHING THEM? WHAT STEPS ARE YOU CURRENTLY IN MOTION WITH TO ATTAIN THEM? WHAT RESOURCES CAN HELP YOU? WHAT DO YOU VIEW AS POSITIVE AND NEGATIVE OUTCOMES? WHAT BARRIERS DO YOU SEE BLOCKING THEIR ATTAINMENT? WHAT IS YOUR BELIEF ABOUT YOUR CHANCES OF SUCCESS IN REACHING THEM?
- HOW REALISTIC ARE YOU IN YOUR GOAL-SETTING?
- WHAT WOULD YOU REALLY LIKE TO DO?
- DO YOU PUT ASIDE A SPECIFIC PORTION OF THE DAY DEVOTED TO THE ACHIEVEMENT OF PERSONAL GOALS?
- WHAT IS A GOAL YOU ARE SURE TO ATTAIN?
- DO YOU HAVE REASONABLE EXPECTATIONS OF YOURSELF?
- ARE YOUR GOALS CLEAR, WRITTEN, AND ATTAINABLE?
- IN THE COURSE OF A DAY ARE YOU MORE LIKELY TO DO MORE OR LESS THAN YOU HAD SET OUT TO DO IN THAT DAY?
- ARE YOU GENERALLY MORE CLEAR OR VAGUE ABOUT WHAT YOU WANT TO DO WITH YOUR LIFE?
- IF YOU WERE GRANTED THREE WISHES WHAT WOULD THEY BE?
- DO YOU EVER FEEL THAT THE PRESSURES OF EVERYDAY LIVING MAKES IT IMPOSSIBLE FOR PEOPLE TO DO WHAT THEY REALLY DREAM OF DOING?
- HAVE YOU EVER BEEN PART OF A GROUP WITH A COMMON GOAL?
- WHAT DO YOU SEE AS A POSSIBLE COLLECTIVE HUMAN GOAL?
- WHAT IS SOMETHING YOU'VE ALWAYS WANTED TO DO BUT HAVE NEVER BEEN ABLE TO?
- WHAT DO YOU WANT TO ACCOMPLISH IN THE NEXT YEAR?
- WHAT ARE THE GREATEST DESIRES OF YOUR HEART?
- HAVE YOU EVER MADE A LIST OF THE THINGS YOU HOPE TO DO WITH YOUR LIFE? WHAT ARE SOME OF THE THINGS YOU WOULD PUT ON THAT LIST?
- IF YOU COULD ACCOMPLISH ANYTHING AT ALL WHAT WOULD YOU WANT TO?
- WHAT WERE THE GOALS OF YOUR YOUTH?
- DO YOU REGULARLY SET GOALS AND STRIVE FOR THEM?
- WHAT GOAL REALLY EXCITES YOU?
- WHAT FEARS ARE KEEPING YOU FROM YOUR GOALS?
- TO WHAT CAUSE(S) DO YOU HAVE A PASSIONATE COMMITMENT?
- WHAT WOULD YOU DESCRIBE AS YOUR PERSONAL DEVELOPMENT?
- DO YOU USUALLY VISUALIZE WHAT YOU WANT TO CREATE IN THE FUTURE?
- HOW DO YOU REALLY LOVE TO SPEND YOUR TIME AND ENERGY?
- WHAT IS SOMETHING YOU REALLY WANT OR NEED?
- WHAT IS SOMETHING YOU WOULD HAVE TO BECOME TO DO IT?
- FOR WHICH GOALS IS IT TOO LATE?
- WHAT GOALS HAVE YOU ALREADY GIVEN UP ON?
- WHAT ARE 3 WORDS YOU WOULD USE TO DESCRIBE YOURSELF?
- WHAT WOULD YOU SAY IS YOUR SECRET AMBITION?

- WHAT DO YOU WANT MOST IN LIFE? WHAT WOULD YOU BE WILLING TO SACRIFICE TO ACHIEVE IT? WOULD IT BE THE SAME IF YOU WERE GOING TO DIE TOMORROW? HOW ABOUT IT YOU WERE TO DIE IN EXACTLY TWENTY YEARS?
- WHAT IS A GOAL YOU HAVE SET FOR YOURSELF FOR THIS YEAR?
- DO YOU MAKE NEW YEARS RESOLUTIONS? WHAT WAS ONE YOU REMEMBER MAKING?WHAT WILL BE A RESOLUTION OF YOURS FOR THE NEXT NEW YEAR?
- DO YOU HAVE ANY PREDICTIONS FOR YOURSELF FOR THE NEXT YEAR?
- IF YOU WERE GIVEN THREE WISHES FOR THE NEXT YEAR WHAT WOULD THEY BE?
- WHAT IS A NEW YEARS RESOLUTION THAT YOU KEPT?
- WHAT WAS AN EXPERIENCE WHEN YOU LOST A GOAL?
- HOW MUCH OF YOUR ENERGY IS FOCUSED ON GETTING AHEAD?
- WHAT ARE YOU READY TO PURSUE EVEN WITHOUT THE SUPPORT OF OTHERS?
- HOW AWARE ARE YOU OF WHAT YOU DON'T WANT IN YOUR LIFE?
- WHEN WAS A TIME YOU CHANGED YOUR EXPECTATIONS?
- WHAT DO YOU WISH YOU COULD DO RIGHT NOW?
- WHAT IS SOMETHING YOU WOULD ATTEMPT IF YOU KNEW YOU COULDN'T FAIL?
- HOW OFTEN DO YOU STOP TO LOOK AT WHERE YOU'RE AT AND WHERE YOU WANT TO BE HEADED AND HOW YOU'RE DOING TOWARDS ATTAINING THOSE GOALS?
- WHAT IS SOMETHING THAT YOU WANT THAT YOU CAN'T GET?
- AFTER REACHING A GOAL YOURSELF HAVE YOU EVER GONE BACK TO HELP SOMEONE ELSE REACH THEIRS?
- WHAT IS SOMETHING THAT YOU WANT THAT YOU WILL HAVE TO WORK VERY HARD TO GET?
- IS THERE SOMETHING YOU'VE DREAMED OF DOING FOR AGES NOW? WHAT IS IT? WHY HASN'T IT HAPPENED?
- WHAT IS SOMETHING YOU REALLY HOPE FOR?
- WHAT IS SOMETHING YOU CAN HARDLY WAIT TO DO?
- WHAT IS A GOAL YOU HOPE TO ACCOMPLISH IN THE NEXT YEAR?
- WHAT IS YOUR GREATEST GOAL IN LIFE?
- DO YOU REGULARLY SET ASIDE TIME, ENERGY AND RESOURCES TO REACH YOUR GOALS?
- HOW WOULD YOU LIKE TO SEE YOURSELF IN 7 SEVEN YEARS? WHAT WOULD YOU LIKE TO BE DOING IN 7 YEARS? IS THIS WHAT YOU THINK YOU WILL BE DOING IN 7 SEVEN YEARS?

GOALS ACCOMPLISHED

- WHAT ACCOMPLISHMENTS ARE YOU MOST PROUD OF?
- WHAT IS SOMETHING YOU ACCOMPLISHED THIS YEAR?
- WHAT IS SOMETHING YOU ACCOMPLISHED THIS MONTH?
- WHAT IS SOMETHING YOU ACCOMPLISHED THIS WEEK?
- WHAT IS SOMETHING YOU ACCOMPLISHED TODAY?
- WHAT IS SOMETHING YOU CREATED THAT YOU'RE REALLY PROUD OF?
- WHAT IS SOMETHING YOU ARE PROUD TO HAVE FIXED?
- WHEN WAS A TIME YOU DID A REALLY GOOD JOB?
- HOW DO YOU FEEL WHEN YOU ACCOMPLISH ONE OF YOUR GOALS?
- TO DATE WHAT DO YOU CONSIDER YOUR GREATEST ACCOMPLISHMENT?