Goal setting Exercise Week #11 Handout #2

1) Name 5 things that you have accomplished that you are proud of?

2) What do you really want in the next 10 years, if you knew you could not fail?

List the first 50 items that come to mind that you really want to achieve.

3) Review the list and give each item a number (#1, #3, #5, and #10). A number represents time in years to accomplish the task. If one year or less than one year, it would be a #1. If over 10 years, give it 10+.
4) Count the number of items in each group. If you lack goals in one time category, you may wish to review and get some in that area.
5) On your list of one-year goals, pick the four that are most important to you.
6) Write a paragraph on why these four goals are the most important to you. Why? What for? REMEMBER, WHEN THE WHY GETS STRONGER, THE HOW BECOMES EASIER.
7) Next write down what kind of person must I become to be the type of person who can accomplish these goals.

General notes

You may wish to have goals in various areas of your life. (personal, social, physical, emotional, economic, spiritual, business, family, relationship and general character qualities or attributes)

You need to review and update your list as items may change and some items may lose their importance over time.

When a goal is accomplished, it is important to celebrate the goal's achievement. If this was a goal involving other people, they should be part of the celebration.

When goals are achieved, you need to add new items to your list.

Do not share your goals with other people unless you are sure they are 100% supportive of you and your goal. Sharing your goals with non-supportive people will lead to discouragement, as even well intentioned people will try to talk you out of your goals so that you "don't get hurt." Don't let their belief in limitation become yours.

When the purpose (the WHY?) is stronger, the goal is more desirable. The more reasons you have for wanting the goal the better. When the why is strong, the how becomes easier.

Some goals may be a "SOON AS GOAL." "Soon As Goals" are not limited to time since you wish to achieve them as quickly as possible. If you had placed a time limit for example, 5 years to accomplish a goal, you wouldn't believe it could be achieved before this 5-year period had lapsed.

Make sure you have "character goals". What type of person do you want to become, for example, a more loving person.