

Goal Setting worksheet

How do I begin exploring personal fulfillment?

Try answering some of the following questions. Or better yet, get together with a friend, family member or colleague and ask each other. Spend some time writing the answers down on paper. The more openly you approach this exercise, the more value you will get out of it.

- Who do you think you are / how would you describe yourself?
- What did you used to dream of becoming when you were young?
- If time and resources were not a concern, what would you be doing now?
- What needs in the world are you moved to meet?
- What activities fill you up?
- What nourishes you and gets your blood going?
- When are you most alive? What are you doing?
- Who inspires you? What about them is inspiring?

What have I learned about myself from these questions?

What kind of goals or passions are becoming clearer?

How do I take steps towards these goals?

Adding structure at this juncture will give you a much better chance of reaching your goals. Here are some tips.

- Share your goals and vision with mentors, friends, family and ask for help. You'd be amazed how excited people are to help you achieve your dreams!
- Review your current activities and prioritize.
 - A – absolutely must be done or the world will stop turning
 - B – very important to the big picture
 - C – not hugely important, but I'd feel uncomfortable if it wasn't done

This is the “get serious” phase. You must be willing to honestly appraise your current time usage if you are going to make changes. How many “A's” are really “B's” that caught on fire because of poor planning?

- Carve out 1 hour every week for working towards your goals. No kidding!
- Make a plan. Be as clear as you can about what you want. Break the bigger picture down into smaller tasks. Assign a time line. Commit to your plan. Share your commitment with someone else. Ask for accountability.