

Goal Setting Exercise

To find your purpose, passions, and drivers, do the exercises listed below. They will help you get to know your true self a little better, which will pave the way to setting goals.

Exercise One: The Million-Dollar Giveaway

If you were given a million dollars today, but had to spend it immediately, what 10 things would you buy? Remember, you must spend it and buy things with it. You cannot invest it in stocks or put it in the bank. List ten things that you truly want.

*This exercise gives you an idea of what your long-term goals are. With a million dollars, the "no money" excuse dissipates.

Exercise Two: Long Lost Friend

You come across a good old friend today. You lost contact with this friend and have not seen him in three years. Both of you are delighted to see each other again. He says, "I haven't seen you in so long! How have you been doing?" You answer his questions:

- I live in (town/city) _____.
- The car I drive is _____.
- I am making a living by (job) _____.
- I am earning (annual salary) _____.
- My hobbies and interests are _____.
- I have given up/I have taken up _____.
- Since I've last seen you a new skill that I have acquired is _____.
- My partner is _____.

*This exercise gives you the answers to what you want to achieve in the next three years. It will serve as a starting point for your short-term goals.

Exercise Three: Charity Giveaway

If you had \$100,000 to give to a single charity, which one would you give it to? If you do not know of a specific charity, what would be its main population and focus?

*This exercise shows how you would like to contribute to society, and to help others.

Exercise Four: The Last Time I Felt....

The last time I felt successful was _____.

The last time I did something that I really, really did not want to do, but did anyway, was _____.

The last time I felt truly happy was _____.

The last time I felt truly at peace was _____.

The last time I felt really proud of myself was _____.

The last new skill that I developed was _____.

The last time that I felt totally focused was _____.

*This exercise helps you to appreciate life and enables you to know when you are experiencing certain 'feelings'. It gives you a point of reference for the future to feel that experience again.

Exercise Five: Financially Free

You have won the lottery and acquired millions and millions of dollars. You do not have to worry about bills, loan repayments, or any other payments. Picture this incredible wealth. Now, what are you going to do? How are you going to fill each day?

*This indicates how you would like to spend your time and what you really want to do. Could you do more of this in your life? Could you even do this for a living?