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?

Adapted from: http://www.goal-setting-for-success.com/index.