**Goal-Setting Challenge**

**1. Identify your overarching goals. You could just circle the ones below that resonate with you or come up with your own.**

|  |  |  |
| --- | --- | --- |
| * Peace
* Love
* Independence
* Security
* Relationships
* Pride
* Respect
* Family
* Leisure
* Time
* Esteem
* Stability
* Health
 | * Challenge
* Excellence
* Wisdom
* Joy
* Integrity
* Wealth
* Adventure
* Business Success
* Health
* Fame
* Knowledge
* Power
* Popularity
 | * Justice
* Mercy
* Courage
* Balance
* Openness
* Loyalty
* Patriotism
* Faith
* Safety
* Fun
* Individuality
* Responsibility
* Prestige
 |

**2. Place them in order of importance (Example below):**

1. Integrity
2. Faithfulness
3. Peaceful, Simple Life
4. Freedom

These are your most deeply held core values

1. Financial Security
2. Loving Family
3. Adventure / Fun
4. Health
5. Helping Others
6. Contentment

**My top 10 core values are:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. Write down at least one well-formed goal (if you write it down you will be 42% more likely to achieve it).**

The six attributes of a well-formed goal are:

1. The goal should be clear, self-initiated, and stated in the positive.
2. The goal should be capable of representation (you should be able to imagine it).
3. The goal should be achievable.
4. The resources you will need for achieving your goal need to be identified.
5. The goal needs a defined time-frame.
6. The goal should be ecological; that is it should be good for you and for others and should be compatible with your core values.

**My Goal is:**

**Review it Often. Imagine achieving it regularly.**