







- If you hardly have any 10-year goals it means you are not thinking far enough into the future.
- Once you accomplish some goals, keep adding new ones
- Once you achieve a significant goal, CELEBRATE in a meaningful way. If it was a family goal, celebrate with the whole family.

Exercise 4.

Look at all your listed 1 year goals and choose from among them the 4 you feel are the most important to you. Highlight them with a marker. These are your major goals, and the others remain your minor goals. This helps you to focus on the ones you most want to accomplish.

Now do the same, with different coloured markers for the 3 year, 5 year and 10 year goals.

Exercise 5.

List all the things that really turn you on, get you excited about waking up and energise you for doing anything.


Now list all the things that deflate you, turn you off and demotivate you from getting out of bed and rolling in the morning


This will help you to focus your mind on the things that motivate you and start to manage the things that demotivate you.

Exercise 6.

Write a paragraph for each of your top four 1-year goals- as to why you chose it to be one of them.



1.

2.

3.

4.

- You can do this for all your other top 4's if you wish

#### Exercise 7.

Jim said that the major value in reaching the goal is the person you will have to become to achieve it. Think carefully then, as to both your goals, and the kind of person you will need to become to achieve it. Look at your top four 10-year goals. Write a brief paragraph on the type of person it will take to accomplish it. Maybe better health; more wisdom; More strength, fitness; Some coaching; New skills

1.

2.



3.

4.

- How happy would you be if you achieved even 80% of only your top fours?