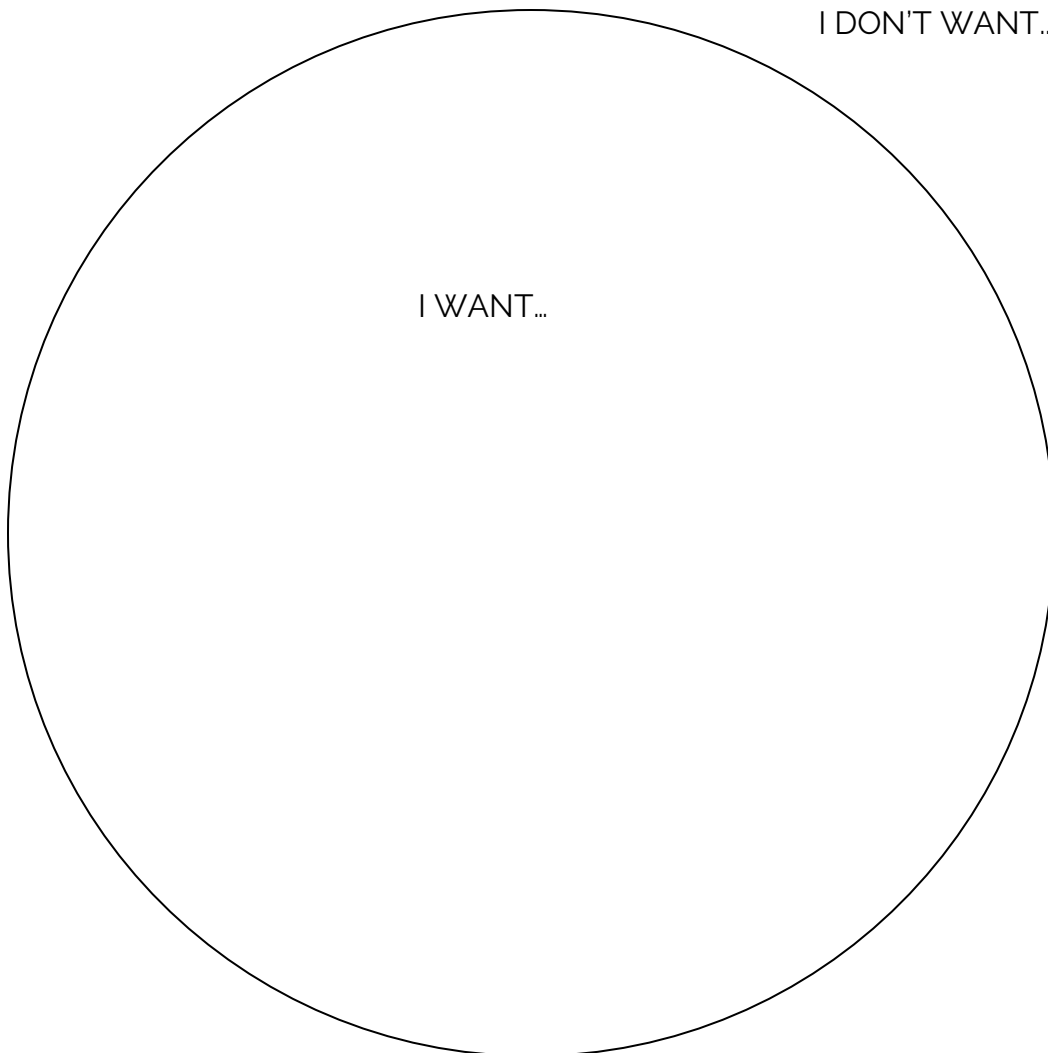


THE CIRCLE

In order to work toward something, you have to know what you want! Use this simple brainstorming exercise to get clear. Place words and phrases that represent **what you want in life inside the circle**. Place **what you don't want outside the circle**.

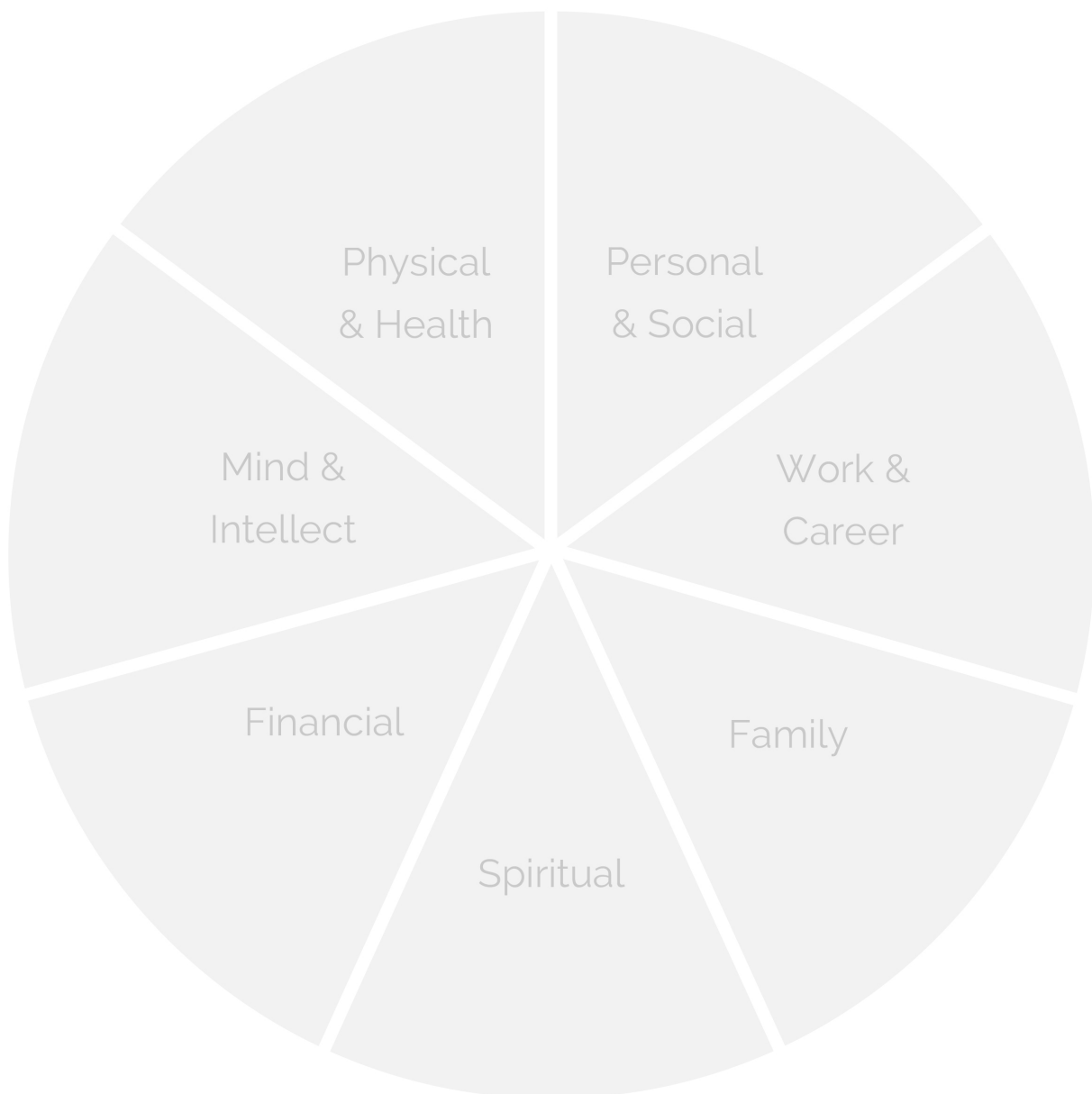


WHEEL OF LIFE

Success means different things to different people. What's important for someone else may not be as important for you. For your goals to be intrinsic, your next step is to define what success looks like to you by using words, habits, phrases, etc.

You're answering the question, **"How will I know I've been successful in this area?"** Write your statements in the corresponding area of your wheel of life.

Some examples might be: reading lots of books, getting enough sleep, a consistent yoga practice, involvement in a small group, etc.



IDENTIFY YOUR CORE VALUES

Read through the list of values and check the boxes next to the values that stand out to you. Once you have selected all the values that resonate with you, narrow the list down to 4-5 core values, then rank them 1-5 on the lines below.

- Achievement:** attainment of goals and aspirations
- Adventure:** pursuing excitement and taking risks
- Aesthetics:** appreciation and enjoyment of the arts
- Community:** activity in social or citizen groups
- Equality:** justice and fair treatment for all
- Fame:** being recognized and known for your contributions
- Family:** close relations and support of loved ones
- Freedom:** independence in thought and lifestyle
- Fellowship:** having important relationships with friends
- Happiness:** satisfaction, joy and contentment
- Health:** soundness of body and mind
- Love:** intimacy, devotion and warmth
- Nature:** respect for animals and the environment
- Peace:** enduring harmony and freedom from violence
- Pleasure:** entertainment, relaxation and fun
- Power:** authority, control and influence
- Self-worth:** high regard for oneself and others
- Social Service:** contributing to the welfare of others
- Spirituality:** at one with God; religious beliefs
- Wealth:** affluence, ease, and prosperity
- Wisdom:** insight, knowledge and understanding

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VISION CREATION PROMPT

Listen to following as you begin to gain a clear picture of your vision for your life 10 years from now. You may have specific answers to some of the questions, and some might simply be food for thought.

- Imagine your life 10 years from today.
- That's 520 weeks from now or 3650 days.
- You are unlimited.
- You can be and do anything in the world.
- Time, money, education, experience are no issue. You have zero constraints in the world. What do you do?
- What does it look like? What does it feel like to love every minute of your life?
- What does a day in your ideal life look like?
- What do you value most?
- Where do you live?
- What do you eat? Who do you eat with?
- What does the community feel like?
- Who is there with you?
- Are you single, married, living with friends?
- Do you have children, pets, or maybe plants?
- Do you work? If you are working, where from (an office, your home, the beach?)
- Do you volunteer?
- Do you go to school? Form of education?
- Do you go on adventures?
- Do you travel? Where to?
- What do you do in your free time?
- What gets you out of bed every morning?
- What are you grateful for?
- What brings you joy?
- What are you most proud of?

-----'S GOALS

TODAY'S DATE: -----

SHORT-TERM (UP TO 1 YEAR)

BY-WHEN

MID-TERM (1 YEAR - 5 YEARS)

LONG TERM (5 YEARS - 10 YEARS+)

S----- M----- A----- R----- T----- W----- A----- P-----