

Own your Own Goals



**‘Choose a job you love,
and you will never have to work a day in your life’
- Confucious**

Describe what good looks like in each of these areas, be as descriptive as you can. I have included some prompts to get you thinking. Don't think about right now – think **ideal life**. Rank them in the bottom box in order of importance to you
1 – most important through to 10 least important – no ties!!

Work/ career	Health	Love	Finance	Play	Family	Friends	Pers. Dev	Spirituality/ religion	Travel/ Holidays

Work/career

What job do you want to do? How many hours/days a week do you want to earn? What industry do you work in? Do you want to be an entrepreneur or work for yourself? What's important – being in an office, working alone, being outside? How much does it matter that you love your job?

Health

What do you eat? How do you exercise and how often? Do you meditate? What do you do specifically for your physical or mental health?

Love

Do you have love in your life? Do you want to get married, have a family? Do you want to be independent with no ties? Do you want to live with someone else?

Finance

How much do you want to earn a year? What material things do you want to own?

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Play

What do you do for fun? How do you relax and unwind? Do you like adventure in your life, if so what does this look like for you?

Family

How often do you see your family? Who in your family do you spend time with, where? Do you want to start a family of your own?

Friendships

Do you have lots of friends and a wide social circle or an intimate group of close friends? How much do you trust and value your friends? Do you have a best friend?

Personal development

Do you spend time or money on your own development? If so, what does this look like? Reading books, courses, coaching? How often do spend time on your development?

Spirituality/religion

Do you practise a particular faith? If so, what's involved? Do you have a belief that requires no commitment but influences decisions?

Travel/Holidays

How much time do you like to spend travelling? Where do you want to go? Who do you want to travel with? Where would you stay, is it hotels, hostels, camping..?

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How would it feel and what would it mean to you to achieve these goals?

E.g. proud, happy, fulfilled, like I'd made it...

What personality traits/strengths do you think you need to achieve these goals?

E.g. resilient, focused, patient, diligent

What personality traits/strengths do you already have that will help you achieve these goals?

E.g. resilient, focused, patient, diligent