

# GOALS PRIMER FOR 2019

## What I Want In Life!

1. Write your name or something!
2. On the following table: **(a)** write down what your own personal ideal life would look like for each area of life. If it helps, feel free to write in the names of people you know that are great examples of your ideal. **(b)** How close are you to your ideal? Rate yourself by circling your number on the scale in the center.

Area of life	(b) Rate Myself	(a) What would MY ideal look like?	(d)
Health & Fitness	1 2 3 4 5 6 7 8 9 10		
Personal & Spiritual Growth	1 2 3 4 5 6 7 8 9 10		
Friends & Family	1 2 3 4 5 6 7 8 9 10		
Romantic Relationship	1 2 3 4 5 6 7 8 9 10		
Fun & Time-off	1 2 3 4 5 6 7 8 9 10		
My Career	1 2 3 4 5 6 7 8 9 10		
Money	1 2 3 4 5 6 7 8 9 10		
Living my mission in life	1 2 3 4 5 6 7 8 9 10		
(c)	1 2 3 4 5 6 7 8 9 10		

3. In the **last row** of the table above, fill in box (c) with an *area of life* that is important to you but wasn't already mentioned. Then do steps (a) and (b) for this new row.
4. In the **last column**, in box (d) write "By the end of 2019, I will...". Then, for every row, in column (d), write your goal to improve your rating this year. Make it a SMART Goal (Specific, Measurable, Achievable, Relevant, & Time-Bound). Don't try to jump from a "5" to a "10". Aim for the next notch or two up. If you already circled "10", write in an "11".
5. Say this out loud or to yourself: "Welcome to the BEST YEAR OF MY LIFE!!"

## My Bucket List → My Action List!

1. Brainstorm and write your bucket list items in the first column (you can always add more later).
2. Put a ★ or two next to your top items. Put a ↓ next to the items you are not that excited about doing.
3. For each row, put a checkbox in the column for when you plan to achieve this item. (This Year!; By 2025; etc.)
4. For each item, if you check "This Year!", then write in how you are going to achieve this item in 2019 by making a SMART Goal: Specific, Measurable, Achievable, Relevant, & Time-Bound.
5. For any item you're not achieving this upcoming year, feel free to write in what you *will do* in 2019 to get a little closer to (or prepared for) achieving that item in the future. (Optional)
6. Say this out loud or to yourself: "Welcome to the BEST YEAR OF MY LIFE!!"

Bucket List Item	In 2019, I Will...	This Year!	By 2025 (5 yrs)	By 2030 (10 yrs)	By 2050 (20 yrs)	By 2070 (40 yrs)	By 2090 (60 yrs)