

# GOAL SETTING EXERCISE: LIFE GOAL LIST

An exercise to open your mind as wide as possible to different options so you can discover your goals.

## **The question**

What to do with my life?

## **Task**

### **15 Minutes to What You Want**

Spend 15 minutes with a partner. Begin by having your partner ask “what do you want.” Answer the question. Your partner listens but gives no response. Then your partner asks again “what do you want”. Give a more detailed answer. Continue repeating this process for 15 minutes.

That’s it. When you know what you really want your personal goals are visible. You’re ready to fashion these goals into formal goal statements, create an action plan, and take action.