

GOAL SETTING EXERCISE:

3 Ways to Answer the Big Question

An exercise designed to reveal what are your deepest objectives.

The question

What are your goals?

Task

Answer one of the following:

If you could wave a magic wand and have 3 wishes, what would you wish for:

- In your family life and relationships
- In your business and career
- Financially
- Regarding your health & fitness
- About your skills and abilities

OR

What would be your top priorities if you learned you only had 6 months to live?

OR

What would you do if you won \$1-million in cash, tax free, tomorrow?

Write out your vision in the space below.

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

Form courtesy of and copyright Anne Clarke, ABClarke.LDV@gmail.com

Free Goal Setting Forms at www.setting-and-achieving-goals.com