

GOAL SETTING EXERCISE: BLUE SKY THINKING

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

The question

What are your goals?

Task

Imagine that all things are possible. You are looking at a clear blue sky with no limits. Whatever resources you might need are available to you.

Now look ahead.

What do you see happening? What do you hope to see happening?

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