

Goal Setting

Exercise 1:

Imagine yourself 5 years from now. You run in to an old friend that you had lost contact with and haven't seen in that 5 years' time. You are both delighted to see each other. They ask "I haven't seen you in 5 years, what have you been up to?"

Your friend asks you the following:

Where do you live? _____

What do you do for a living? _____

How much money do you make? _____

What kind of car do you drive? _____

What do you do for fun? _____

Exercise 2:

Pretend you have been given 1 million dollars today, BUT you have to spend it immediately. List 10 things you would buy.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Exercise 3:

If you had \$100k to give to a single charity or cause, what charity/cause would you give it to?

Goal Setting Exercises Explained

Exercise 1: Long Lost Friend

This exercise gives you answers to what you want to achieve in 5 years' time. This is considered a short-term goal

Exercise 2: Million Dollars

This exercise gives you your long-term goals. All of these you want to achieve in your lifetime or even within the next decade

Exercise 3: Charity Giveaway

This exercise shows how you would like to contribute to society and help others