

Your Year in Review...

- What is the best decision you made in the past year?
- You are happiest about accomplishing what in the past year?
- Who had the greatest impact on you in the past year were?
- What is the biggest risk you took in the last year?
- What relationship improved the most in the past year?
- What is something you would have liked to have aquired or achieved in the past year?
- What is the biggest sales/client lesson you learned in the past year?

Discuss the following...

- What's great about your life right now? (family, friends, health, etc.)
- What's great about you? (personal skills, talents, passion, "superpowers", etc.)
- What "assets" do you have? (personal contacts, education, experience, etc.)

Take 3 minutes per category to consider and brainstorm about these questions. Don't worry about whether you have the ability, money, time or talent necessary to achieve them. Just let your brain go wild. . .

Experiences



What kinds of things do you love doing, or adventures do you want to have?

- What do you want to do with your family or friends?
- What traditions do you want to share with the people you love—your kids, parents?
- Where do you want to travel right now, and what would you like to see in the world—places, things?
- How do you want your environment to look—your home, office, car you drive, hotels you stay in?
- Who do you want to spend your life with?

Growth



Look at the experiences you want and decide how you need to evolve to have those experiences:

- How do you want to improve your health and fitness?
- What do you want to do to expand your mind intellectually—books, courses, museums?
- What types of skills do you want to acquire—a new language, photography, art, musical instrument?
- How do you want to broaden yourself spiritually?

Contribution



If you could become that person you want to be and have those experiences you love, what would you like to give back to the world?

- What can you contribute using the skills and opportunities from your career?
- What can you contribute with your creative talent? Write a book? Create art, a video, a blog?
- How can your relationship with your family and friends make a better world?
- What can you give to improve your community? Will you raise funds? Volunteer your time?

Means vs Ends

Synergistic Goals: Areas of Your Life Goals

- Career/Business
- Financial
- Family & Relationships
- Social/Community
- Health/Physical Fitness
- Spiritual
- Educational
- Personal & Recreational