



Exercise #2

Consider one of your goals from your Wild Ideas sheet and try to further define it by completing the spaces below

1. Identify your goal in one specific sentence (20 words or less)

2. Why do you want to achieve this goal (be specific)?

3. Is this a big, long-range or daily goal?

4. Answer these questions about the goal:

Is this **my** goal? _____

Is it morally right and fair to all concerned? _____

Does this goal move me closer to one of my major objectives in life? _____

Can I emotionally commit to this goal? _____

Do I believe that I can reach this goals? _____

5. What are the first three actions you will take to achieve this goal?
