



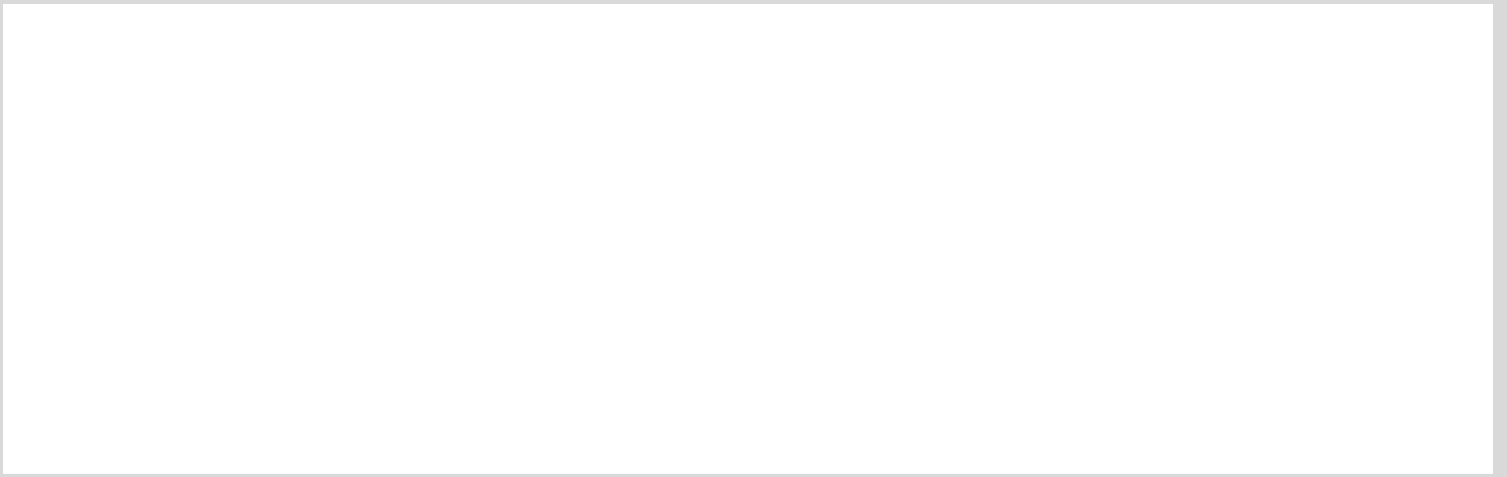
HOW TO CHOOSE MEANINGFUL GOALS

20 Guiding Questions to Help you
Determine What is in Your Heart

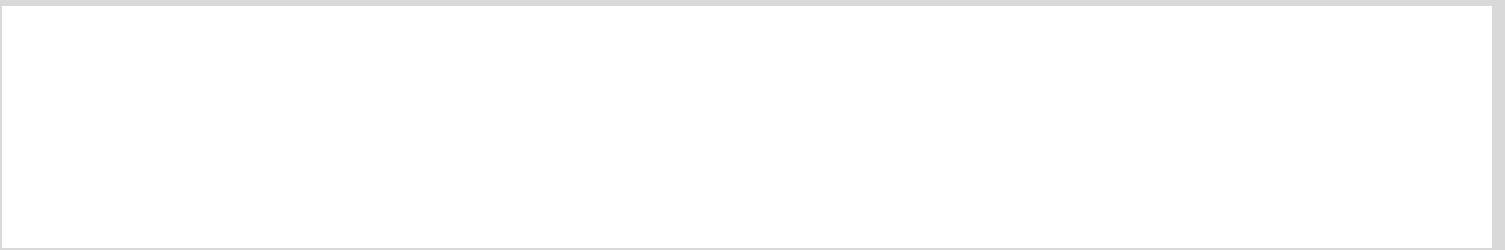
Guiding Questions

Write down the first thing that comes to your mind when answering each of these questions. Don't worry about writing something "silly" or "unrealistic" and do not edit your answers - just write down your thoughts.

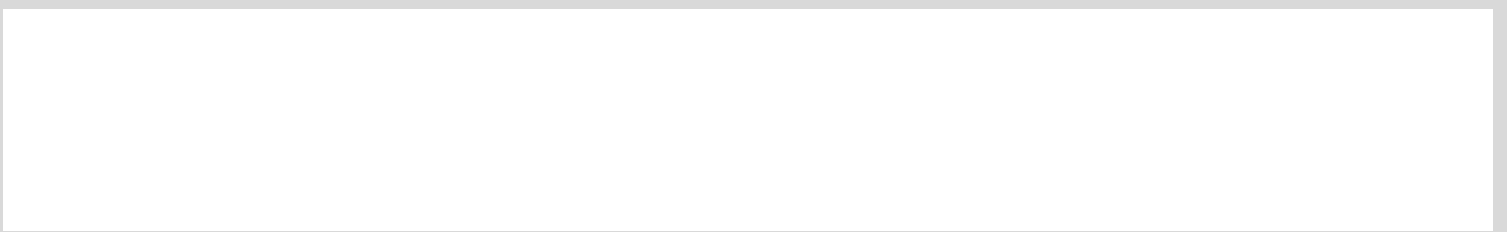
1. If money or time was no object and you could do anything, be anything or have anything, what would that look like? Think about who you'd do these things with, where you would go, etc.



2. What does your ideal day look like?



3. What do you usually do in your free time?







4. What would you like to do if you had more free time?

5. Think of someone you admire. What qualities do you admire in that person? Why?

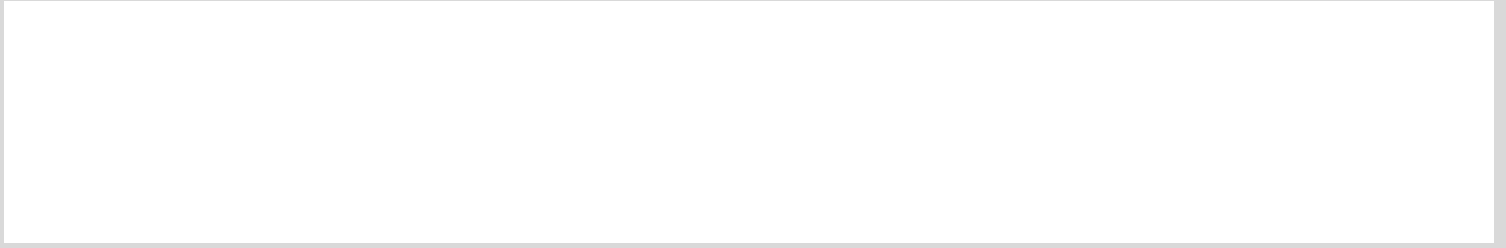
6. What are your most important values?

7. What qualities do you most admire in others?

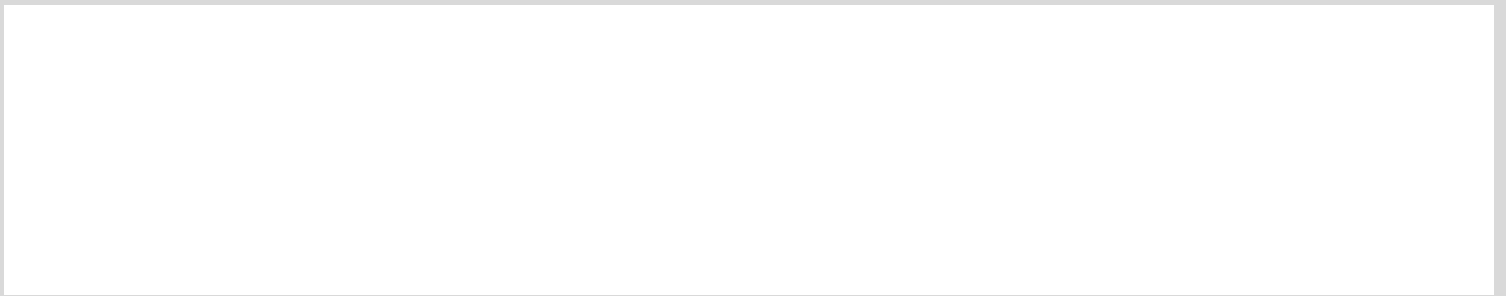




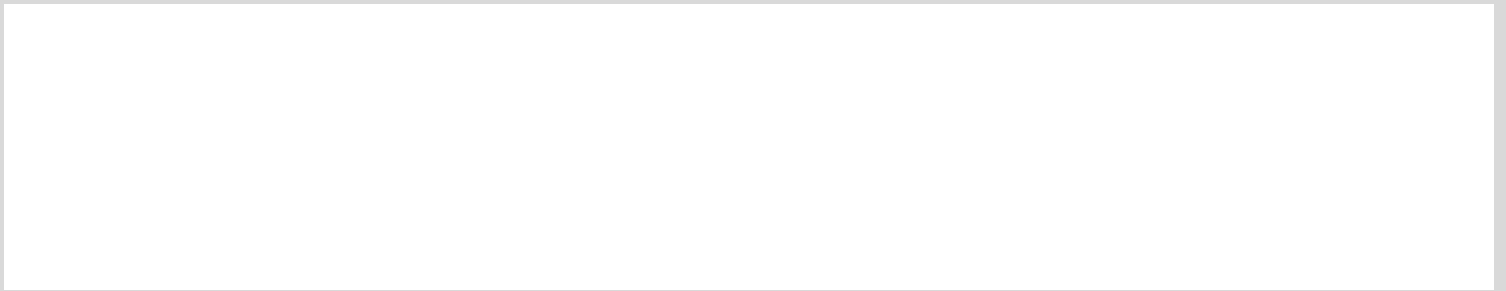
8. What are you good at? (Think: What would other people say are your skills, talents or best traits?)




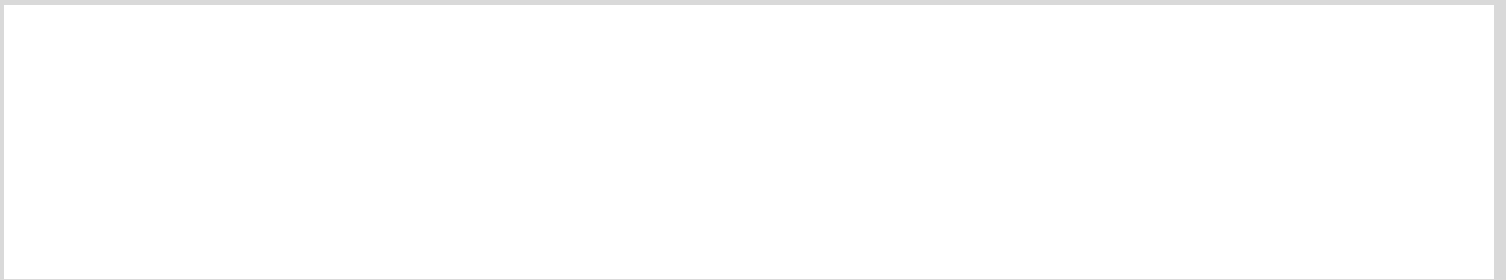
9. What skills do you wish you had?




10. What are you most proud of in your life?



11. What are you most afraid of?







12. What excites you most about your life?

13. What is going well in your life? What area of your life makes you feel great?

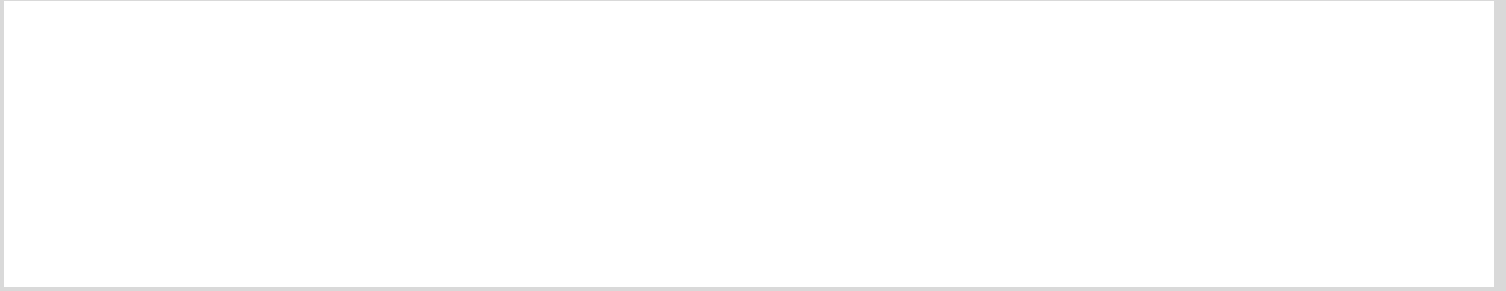
14. What area of your life would you most like to change? What could you do to make this area of your life function better?

15. What characteristics would you use to describe yourself? Think about what your best friend would say about you?

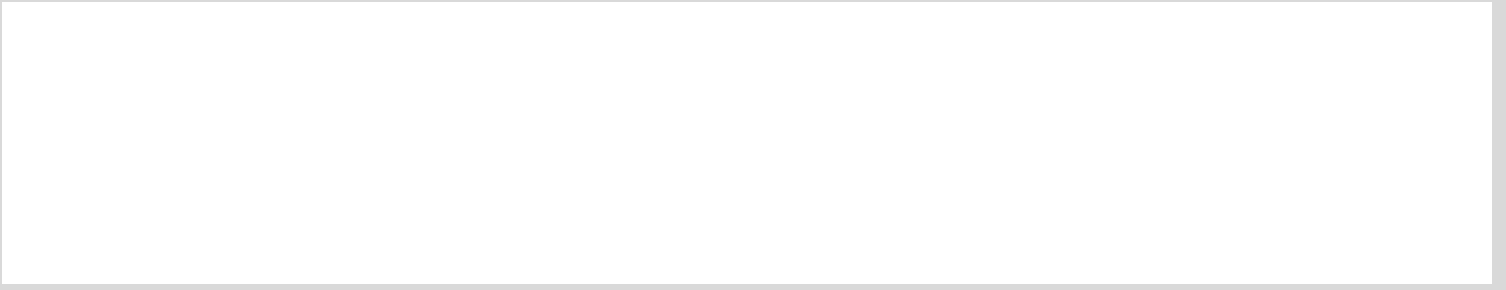




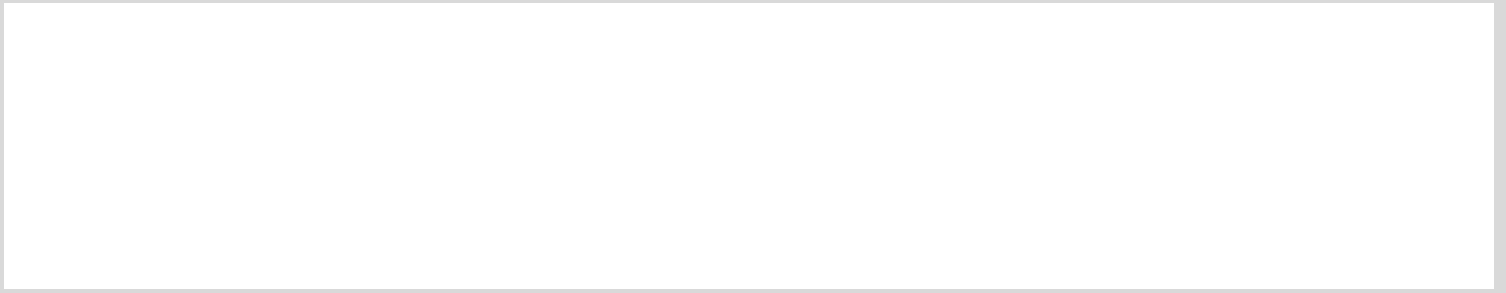
16. What are you most grateful for?




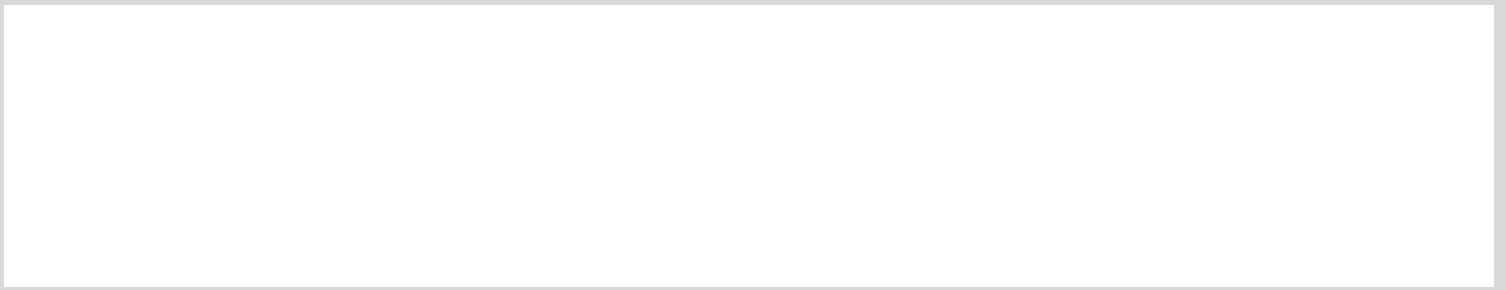
17. When you need to unwind and relax, what is your go-to self-care activity?



18. What does a successful year look like to you?



19. One year from now, what would you like to have accomplished (big and small things)?




20. Imagine you had only one year left to live.

What would you do?

Who would you spend your time with?

Where would you go?

Is there anything you've been putting off that you'd like to do?



Analysis

Now, go through your answers. Are there any words, phrases or topics that came up more than once? Highlight those words and write them below.

What area of your life do most of your answers focus on? Is it work, relationships, hobbies, family, etc.?

Can you make any connections between your answers? Are there any common themes that come up across the questions that all relate back to one main focus?