

Soul Searching and Goal Reaching

Jack Canfield and Mark Victor Hansen say in their new Chicken Soup for the Soul – Living your Dreams edition... that *“it takes courage and commitment to pursue your most heartfelt dreams with passion and perseverance. Living your dream is always the result of information, inspiration and perspiration”*.

Anyone who zealously desires to succeed, and is willing to apply themselves, can attain success. All that matters is:

1. You are *willing* to decide what you want
2. Believe you can have it
3. Learn the principles of success and apply them to your life
4. Persevere through the tough times
5. Never give up.

You can clearly have the life you dream of - if you are willing to pay the price of learning, assimilating and applying a few basic principles and develop a few powerful disciplines over time.

So let's set some goals that will stretch you. Big goals require you to grow in order to achieve them. You want to set a big enough goal so that in the process of achieving it, you have become someone worth becoming.

I invite you to answer the questions below and when finished, if you like, share them with me. I promise to keep them confidential and to help you stay focused and accountable to achieve them.

Remember, your life is a story. Why not write your own ending – and the make it happen!

Ask yourself, “What would I do with my life if I knew I were not going to fail? Put yourself in the mindset of an imaginative child. Here are a few suggestions to get you started.

Warm regards



Don't compromise When You Write Down Your Goals!

1. My three most important lifetime personal goals are:

- a. _____
- b. _____
- c. _____

2. My three most important business goals are:

- a. _____
- b. _____
- c. _____

3. I am earning \$_____ this year.

4. I will earn \$_____ next year.

5. I will earn \$_____ in the next 5 years.

6. I am maintaining my ideal weight of _____ pounds.

7. A new habit I have developed is _____

8. The bad habits I have let go of are _____

9. A new personality trait I have developed is _____

10. My dream home has _____ square feet, _____ bedrooms, and _____ bathrooms and is located in _____ and has these other features:

11. The cars I own include: _____

12. The Vacations I will take will be to: _____

13. The special things I will do for my family are: _____

14. The special things I will do for myself include _____

15. My next home improvement is _____
16. I am improving my family communication by: _____

17. I am improving my work communication by _____

18. My right livelihood (vocation with a purpose is: _____

19. My new hobbies include: _____
20. To become fit I am: _____
21. The new skills I am learning for work include: _____
22. The new skills I am learning for me include: _____
23. My ideal soul mate is: _____

24. To reduce my life stress I am: _____
25. Additional education I want to get is: _____
26. Each month I will save \$ _____
27. Each month I will contribute \$ _____
28. Each month I will invest \$ _____
29. The new financial habit I will acquire is: _____
30. To become debt free I will _____
31. The debts I will pay off are _____
32. I will serve my community by _____
33. I would like others to describe me as _____

34. The people I want to meet are _____
35. My spiritual growth will include _____

36. I can support my spouse/partner, parents and family better by _____

37. I can support my friends better by _____

38. Other dreams I have are: _____
