

STEP BY STEP: DESIGN LIFE-GIVING GOALS

CONNECT

- a. Sketch a picture of how you envision a joyful life 5 years from now. (In the picture include elements of yourself, family, work, friends, community, city or country.)
- b. Based on this vision of the future, write down 5 goals you might want to achieve in your personal or professional life in the next 2 to 5 years.

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- c. Share your big goals with a loved one and a trusted friend. Invite your listeners to ask questions to help you clarify your goals. Circle the goals that you and others find most life-giving.

- d. Jot down a few thoughts on how each of the circled goals can help achieve your calling in life, guided by your core values. Try revising the goals to be more aligned with your calling.
- e. Write down a personal goal and a professional goal that you want to achieve within 2 to 5 years. What are the future outcomes of these goals? Specify exactly when you plan to achieve them. Note: Check that your goals/outcomes fulfil the vision in your earlier sketch.
- f. Write down a personal goal and a professional goal.

d

e

Write your personal/professional
life-giving goals here →

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