

Questions to Help You Set Your Goals

1. Of all the things you have ever done, what were you doing when you were happiest?

2. Of all the things you have ever done, list in order of preference the five things you enjoyed doing most.
 - a.
 - b.
 - c.
 - d.
 - e.

3. List five things you think you would enjoy doing most in the future
 - a.
 - b.
 - c.
 - d.
 - e.

4. What three things do you think about most?
 - a.
 - b.
 - c.

5. If right now you could be doing anything you wanted to do, what would you be doing?

6. If you are not doing that thing, why aren't you?

7. Do you think you have a chief purpose in life? If so, what is the purpose?
8. If you could make one change in your life, what would it be?
9. What do you regret not doing lately?
10. When are you really glad you are alive?
11. What do you think is the most important decision you have ever made?
12. If you had to give up everything in you life except one thing, what would you keep?
13. Where will you be five years from now if you keep on doing what you are doing today?

Okay. Now plan your life to include the things here you found to be important to you.

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