

Goal setting exercises

Now let's do some interesting goal setting exercises. These exercises will help you know yourself and learn about your goals. Complete in a pair share or on paper or both.

Exercise One: The Million Pounds Giveaway

If I was given a million dollars today but had to spend it immediately, I would buy the following ten things. Take out a piece of paper and list them. Remember, you must spend it and buy stuff with it. You can't invest it in stocks or put it in the bank. List ten things that you truly want.

Exercise Two: Long lost friend

You come across a good old friend today. You lost contact with this friend and haven't seen him for three years. Both you are delighted to see each other again. He says: "I haven't seen you for three years! How are you doing recently?" You answer his questions:

I live in (town, city, village):

The car I drive is:

I am making a living by (job title/job role):

I am earning (USD per year):

My hobbies and interests are:

I have given up... or I have taken up...:

Since I've last seen you a new skill that I have acquired is:

I've become really good at....

I've decided to spend more time ...

Other:

Exercise Three – Charity Giveaway:

If I had US\$100,000 to give to a single charity I would give it to:

Write about it or tell a partner in a pair share.

Exercise Four: The last time I felt was:

Write about it or tell a partner in a pair share

The last time that I felt success was:

The last time that I did something that I really, really didn't want to do, but did it anyway, was:

The last time I felt truly happy was:

The last time I felt truly at peace was:

The last time I felt really proud of myself was:

The last new skill that I developed was:

The last time that I felt totally focused was:

Exercise Five – “I am financially free”

You have won the lottery and acquired millions of dollars. You don't have to worry about bills, loan repayments or other payments. Picture this incredible wealth. Now, what are you going to do? How are you going to fill each day?

Learn about yourself as you do these exercises. Write the goals for each.

Goal setting exercises One: ***The Million Pounds Giveaway*** gives you your long-term goals. All of these you want to achieve in your lifetime or even in the next decade.

Goal setting exercises Two: ***Long lost friends*** give you the answer to what you want to achieve in three years time. This will be your short-term goal.

Exercise Three – ***Charity Giveaway*** shows how you would like to contribute to the society, and to help others.

Exercise Four: ***The last time I felt was*** helps you to appreciate life and enables you to know when you are experiencing certain ‘feelings’. It gives you a point of reference for the future.

Exercise Five – ***“I am financially free”***. This exercise indicates how you would like to spend your time and what you really want to do. Could you do more of this in your life? Could you even do this for a living? Just think it.