

THINGS THAT ARE IMPORTANT TO ME EXERCISE

Choose the top 10 things that are important to you

Friends

have close, supportive friends

Hope

maintain a positive and optimistic outlook

Feel good about myself

like myself just as I am

Get things done

accomplish and achieve

Relaxation

reduce and manage stress

Fame

be known and recognized

Humour

see the humorous side of myself and the world

Loved

be loved by those close to me

Loving

give love to others

Romance

have an intense, exciting love relationship

Understand myself

have a deep, honest understanding of myself

Belonging

fit in with others

Attractiveness

be physically attractive

Trustworthy

be reliable and trusted

Flexibility

adjust to new or unusual situations easily

Fun

play and have fun

Health

be physically and mentally healthy

Independence

be free from dependence on others

Leisure

take time to relax and enjoy

Balance

avoid extremes and find a middle ground

Pleasure

enjoy good things

Popularity

be well-liked

Self-control

be in charge of my own actions

Sex

have an active and satisfying sex life

Wealth

have plenty of money

Contribution

make a difference

Creativity

have new and original ideas

Generosity

give to others

Loyalty

be there for others

Risk

try new things

Family

have a happy, loving family

God's will

follow the will of God

Inner peace

experience personal peace

Knowledge

learn and possess valuable knowledge

Structure

have a life that is well-organized

Grounded

be realistic and practical

Safety

be safe and secure

Simplicity

live life simply, with minimal needs

Honesty

be open and straightforward

Adventure

have new and exciting experiences

Respectful

be polite and considerate to others

Forgiveness

be forgiving of others

Persistence

work hard and not give up

Stability

have a life that stays fairly consistent

Spirituality

grow spiritually

Tolerance

accept and respect those different from me

TOP 10 WAYS OF ACHIEVING YOUR GOALS

1. **Desire:** Pick a goal that you really want to achieve.
2. **Belief:** Pick a goal that is challenging but realistic, one that you believe you can achieve.
3. **Benefits:** List the benefits that will come from achieving your goal—the more benefits, the more motivated and persistent you will be.
4. **Obstacles:** Identify some of the obstacles and think about how you are going to deal with them—there are always obstacles to achieving a worthwhile goal.
5. **Knowledge:** Find out what you need to know to achieve your goal.
6. **People:** Identify the people that can help you achieve your goal.
7. **Current status:** Figure out where you are now on your way to achieving your goal—for example, if you want to improve your self-esteem, ask yourself, on a scale of 1 to 10, “where am I now?” and “what one small step can I take to move a little closer to my goal?”
8. **Plan:** Make a plan, break things down into small manageable steps, make the steps concrete and be willing to revise your plan. Remember, no first plan is perfect.
9. **Timeline:** Set an overall timeline to achieve your goal. Then think about how much time it will take to complete the first step
10. **Persistence:** Keep in mind that mistakes and disappointments can occur, but that you can make it. It’s not always smooth sailing.