

STRATEGIC LIFE COACHING

WORKBOOK NO1

GOALS

HOW TO SET GOALS & CREATE
A VISION FOR YOUR FUTURE

CREATED BY KAIN RAMSAY

⊕ **HOW TO**

SET GOALS & GET A VISION FOR YOUR FUTURE

By Kain Ramsay

"THE BEST WAY TO GET AHEAD IN LIFE IS TO HAVE SPECIFIC INTENT, A CLEAR VISION, A DETAILED PLAN OF ACTION, AND THE ABILITY TO MAINTAIN PERSONAL CLARITY. THOSE ARE THE FOUR PRINCIPLES OF PERSONAL SUCCESS THAT NEVER FAIL!"

HOW TO SET GOALS & CREATE A VISION FOR YOUR FUTURE

Goals are merely the desires we have that are made precise with a deadline attached to them. To feel like you're, genuinely moving forward and making adequate progress in life, it's crucial that the goals you commit to pursuing each play a part in driving you forwards toward accomplishing a far greater vision.

Setting and achieving healthy goals is essential to health and happiness. Striving towards healthy goals expresses that you're the boss of your life and that life isn't the boss of you! Having goals is always a good thing!

Visualising a goal is more important than having all the answers about how it's going to actualise. The first stage in the construction of a house is the creation of a set of plans that show the end vision of what the house will eventually look like. Without this set of plans, it will be impossible for those involved in building the house to know what the end product should look like.

If you don't have a clear vision of what you want to accomplish in life, you can end up spending years, going around in circles, committing to things that you don't care about, and frustrated with the world in general. People who aren't actively working towards a goal or a vision in life will often experience life as being meaningless and directionless.

The great news is that life doesn't have to be this way! Although many people assume that getting a vision for their future will be a challenging and time-consuming process, it isn't.

A meaningful vision for your future can be as simple as making a difference in the life of one other person, or, it could be impacting the world on an enormous geographical scale - and everything in-between!

The first step of goal setting is to define your vision, and take full responsibility for what it is that you want to achieve. This vision cannot be what you think other people want you to do, or even what you 'think' is just a good idea.

It's important to understand that 'good ideas' do not come from the same place as meaningful visions. Ideas come from our head, and visions come from our heart.

The vision and goals that you develop for your future can not be what other people want or expect from you because the purpose here is not to please others, but to find something that will motivate you for the rest of your life (or, for the next couple of years at least).

If you don't have a vision for your future, consider the best case scenario about what you could have achieved in your life in five years from now. Doing this should give you a starting point for defining 1 or 2 goals (at least).

If you want to succeed with goal setting, you need to define your most important goals throughout your full range of life areas. Without having a set of targets in life that inspire you, you won't have much clarity of focus and direction for your future.

Goal setting allows you to take control of your life's direction and also provides you with a benchmark that can be used to determine whether you're making progress towards these goals, or whether you're not.

Firstly, though, to accomplish any goals in life, you need to know how to set goals because goal setting is a process that starts with careful consideration of what you genuinely want to achieve.

The part of the goal setting process that most people don't like is often the (guaranteed) hard work that'll be required to accomplish them!

In between setting goals and achieving them are a series of five steps that transcend the specifications of each goal. Understanding these steps will allow you to set realistic goals that you can confidently accomplish.

Tip: Only Set Goals that Inspire You

When you set goals for yourself, it's crucial that they inspire you, that they are important to you, and that achieving them will positively benefit the world in some way. If your goals are small, irrelevant to anyone's quality of life or uninspiring, then the chances of you investing time into making them happen is slim. Genuine inspiration is the key principle behind successful goal setting.

It's important to set goals that are in alignment with your top priorities in life, because if you don't have this degree of focus, you stand at risk of feeling overwhelmed by them, and giving up too soon due to not even knowing where to start tackling them.

Goal achievement requires commitment, patience, persistence and perseverance - and with any of these elements missing from the goal setting equation, your chances of fulfilling these goals are limited.

So to maximise your chances of goal setting success, remember to make sure that your goals are both inspiring and relevant to you. Ask yourself the question, "If I were to share my goal with other people, would they see my goals as being significant and meaningful, or selfish and small?"

How you answer this question will determine whether your goals are actually worth pursuing, or whether they aren't!

Upon completing this workbook, you will be able to:

- Define what 'success' genuinely means to you.
- Understand what your main life areas are.
- Establish a vision for each of these life areas.

The following pages will allow you to determine what your 'greatest life vision' is. This is important because it'll lay the foundations for all of the planning and goal setting that you do throughout the rest of your life.

Once you're finished, you'll appreciate the effort spent, as you'll have a meaningful vision for your future that you'll be more than happy to commit your life to.

Q) What is Your Greatest Life Vision?

This is one of those 'BIG' questions that fall into the same sort of category as other major life issues such as;

- What is the purpose of life?
- Why are we here? ...and,
- Why do bad things happen to good people?

Although this workbook isn't necessarily going to help you find answers to these 3 massive questions, it will help you to define the greatest vision that you have for your life.

Once you're able to define your greatest life vision, this definition will become the guiding principle behind all of your future decisions, action, behaviours and attitudes until the very day that you die.

In the business world, if you were a company (for example), your 'Greatest Vision' would be either the organisational vision or mission Statement. (The reason why you exist and what you will commit your life to achieving!)



What is a greatest life vision?

Your greatest life vision is a simple statement that outlines an ideal description of the main outcome of your life.

This statement should inspire you; it should motivate you; drive you out of bed every morning and towards taking appropriate actions that will get you closer to fulfilling it.

It's this statement that gives you a perspective on life, so that when tough times come your way (which they will), you'll remain focused on the prize, consistent in your ways, and unaffected by the negativity of society, your peers or even your family members.

This personal vision statement will become relevant to every area of your life, including your relationships, your career, your finances, your spare time and even your routine responsibilities.

This statement becomes a vision for your future that will define and shape every decision you make until you eventually fulfil it. To understand what your greatest life vision might look like, consider the statements you'd find on the gravestones of those who have passed away..

Although I appreciate that this might seem like an unusual thing to consider, gravestones merely contain an accurate overview of the way in which people conduct themselves around other people throughout life (who they were, and how they are remembered by those they've left behind).

Your greatest life vision will be a verbalization of the words that you'd ideally have inscribed upon your tombstone.

The words on your tombstone will act as a reflection of the life that you've lived as remembered by others. An obituary is the unabridged version of this and will mostly describe who you were and how other people remember you.

EXERCISE 1

Q) How would you answer the following questions?

Think about examples in your social life, career, finances and even in your closest relationships.

A) How would you define personal success?

B) What are your most prominent characteristics?

C) What are your finest personal qualities?

D) How would you NOT like to be remembered?

E) What value do you contribute to the world and all of the other people who are in it?

It might be true that you want to be remembered in several ways: as a career woman, a family man, a highly skilled professional or perhaps a shrewd business person?

But, as you're more than likely already aware, there are many areas in life to consider when it comes to life planning, and placing too much focus on one area in your life can easily leave you sacrificing another.

A good example of misplaced priorities is when people place more importance on developing their career, than what they do on maintaining healthy relationships. Money can often come at the cost of intimacy or connection.

Many people commit their lives to pursuing the empty goals of power, ambition and making money, only to end up neglecting their family and losing the respect of their spouses and children.

Upon reaching the end of life, it's common for many people to look back on their lives with regret, mourning the relationships that they 'missed out on'.

I once had a conversation with a depressed millionairess, whose greatest regret in life, was that she placed more importance on her social status than what she did on developing strong relationships with her children.

It's probably fair to assume that not many people enter their final hours wishing that they'd earned more money, or that they'd spent more time at work, building their own business, or even someone elses.

An indication that someone has failed terribly at planning their life will be found in the regrets and sorrows that they have in their final hours.

All the things they 'wish' they'd done, what they 'wish' they hadn't done and the people that they could've helped along the way (but chose not to).

Life is all about balance, and it's only you who knows the right balance for you. Although it can be hard to articulate our greatest life vision' attempt to visualise what your life would be like if it were perfect in every way.

Imagine if all the people you know were to know exactly how kind, loving, caring and giving you could be. How would you like all these people to remember you?

Notes so far:

"Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes.

The ones who see things differently. They're not fond of rules. They have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them.

About the only thing, you can't do is ignore them. Because they make a difference. They invent. They imagine. They heal. They explore. They create. They inspire. They push the human race forward.

Maybe they have to be crazy. How else can you stare at an empty canvas and see a work of art? Or sit in silence and hear a song that's never been written? Or gaze at a red planet and see a laboratory on wheels?

We make tools for these kinds of people. While some see them as the crazy ones, we see genius. Because those who are crazy enough to think they can change the world, are the ones who do."

- STEVE JOBS



Here are some rather 'brutal' examples of how most people DON'T want to be remembered by others:

(Note: Remember, after you die, other people determine how they remember you - you don't get a say in this!)

1) The obituary of Marianne T. Johnson Roddick. 2013

"Marianne Theresa Johnson-Reddick born Jan in 1935, died alone on Aug. 30, 2013. She was survived by her children who she spent her lifetime torturing in every way possible.

While she neglected and abused her small children, she refused to allow anyone else to care or show compassion towards them. When they became adults, she stalked and tortured anyone they dared to love. Everyone she met was tortured by her cruelty and exposure to violence, criminal activity, vulgarity, and hatred of the kind human spirit.

On behalf of her children whom she so abrasively exposed to her evil and violent life, we celebrate her passing and hope that hope she now re-lives the gestures of violence and cruelty that she put on her children. Her surviving children will live the rest of their lives in the peace of knowing their nightmare finally come to an end.

Most of us have found peace in helping those who have been exposed to child abuse. We hope this message of her final passing can revive our message that abusing children is vulgar, and should not be tolerated in a humane society.

Our greatest wish now is to stimulate a national movement that mandates a purposeful and dedicated war against child abuse in the United States of America."

"The most pathetic person in the world is some one who has sight but no vision." — Helen Keller

2) The obituary of Dolores Aguilar. 2008

"Dolores Aguilar, born in 1929 in New Mexico, left us on August 7, 2008. She will be met in the afterlife by her husband, Raymond, her son, Paul Jr., and daughter, Ruby.

She was survived by her daughters Marietta, Mitzi, Stella, Beatrice, Virginia and Ramona and son Billy; grandchildren, Maria, Mario, Alexandria, Tommy, Ashlee and Michael; great-grandchildren, Brendan, Joseph, Carissa, Jacob, Delaney, Shawn, and Emily. Sorry to anyone I've missed.

Dolores had no hobbies, gave nothing to society and rarely shared a kind word or deed in her life. I speak for most of her family when I say we will not miss her. Tears will not be shed, and we will not lament over her passing.

As a family, we will remember Dolores in our own ways, which were mostly sad and troubling times throughout the years. We may have some fond memories of her and perhaps we will think of those times too.

But I honestly believe that ALL of us will only miss what we never had, a good and kind mother, grandmother and great-grandmother.

I hope she is finally at peace with herself. As for the rest of us left behind, I hope this is the beginning of a time of healing and learning to be a family again.

There will be no service, no prayers and no closure for the family she spent a lifetime tearing apart. We cannot come together, in the end, to see to it that her grandchildren and great-grandchildren can say their goodbyes. So I say here for all of us, goodbye, Mom."

Q) How would you like to be remembered like either of these ladies?



EXERCISE 2

Q) How would you like to be remembered?

In consideration of the last two stories (Marianne Theresa Johnson-Roddick & Dolores Aguilar), spend 10-15 minutes preparing the best case scenario of what the people you care about the most will write about you on your tombstone. It's this inscription that becomes the greatest vision for your life, and also the factor which you weigh up all of your future decision making against.

This exercise should help you to establish a new standard and perspective for your life. You will define what's most important to you, and also the way in which you must conduct yourself in relation to other people for the remainder of your days

REST IN PEACE

REST IN PEACE _____



**PRACTICE
HERE!**



**YOUR
GREATEST
LIFE VISION**



Defining Your Priority Life Areas

Due to your experience of life so far, you may be able to realise that when you think about your life as a whole, there are many areas to consider, and just as many areas to balance!

Life balance is one of the greatest goals we can achieve in life, but at the same time, this is a very tough goal to reach.

Has there ever been a time when you became so focused on achieving a goal in one area of your life, that it came at the cost of something else in another area of your life? This is a common reoccurring problem for many people today.

May it be a strong focus in your career when you neglect your health, or, focus on a new relationship where you forget your friends or the drive in your career?

Each time you commit your energy to one thing, you're (often unknowingly) choosing to pull it away from something else. It pays to make our decisions wisely. All of us have a limited amount of time and energy each day. No matter how passionately we commit to moving forward in life, none of us can accomplish ALL things, ALL of the time.

Yes, we might rack up possessions, promotions and perform more personal bests. We might even achieve the prestige goals of fame and immense fortune. But if we're ascertaining those things at the cost of other more important things, then our chances of enjoying a fulfilling and balanced life are slim.

In the business world, 'Economics is the study of infinite wants and limited means.' A man called Thomas Sowell once said it best: "There are no solutions, only tradeoffs".

"There are no solutions, only tradeoffs."

— Thomas Sowell

It's important to be aware of what we're sacrificing in our attempts of getting something else. The economists would refer to this as opportunity cost. Opportunity Cost is what we have to give up in order to get something else.

What could be more straightforward? If you want one thing, you have to give up something else. This simple idea though, can easily turn out to be more subtle than what it first initially appears.

Q) So how can we balance out our most important life areas and still achieve our primary goals?

A) It's important to decide what the important areas in our lives are. It's critical that we maintain this perspective as we commit to improving one area in our life, without turning our back on all of the other areas.

There are three empowering questions we can ask ourselves before going full steam ahead with anything that'll demand a significant amount of our time or energy.

Regardless of whether this goal is an accomplishment, acquisition or even a new intimate relationship, ask yourself these three following questions:

- What impact is pursuing this goal likely to have on my time?
- What else could suffer the consequences of my divided attention if I commit to this pursuit?
- In what ways does this effort compliment (or detract from) my greatest life vision?

Although this may sound a little sadistic, this line of self-inquiry can be hugely clarifying. Because if we don't commit to pursuing our greatest life vision, we might end up compromising our standards on a daily basis.

The late personal development expert Stephen Covey once suggested that:

'Without a clear focus on our guiding values and priorities, each of us runs a real risk of successfully climbing a very long ladder only to find it leaning against the wrong wall.'

This is why our core priorities are worth regular consideration, repeatedly, habitually and anytime we're about to devote time and energy to a new given pursuit.

Areas of Importance: There are certain areas in life that are important for all of us. These are mainly:

- **Social & Family Relationships**
- **Career & Educational Aspirations**
- **Money & Personal Finances**
- **Physical Health, Recreation & Leisure**
- **Life's Routine Responsibilities**
- **Giving Back to Society & Contribution**
- **Mental, Emotional & Spiritual Health**

The importance that various people place on these life areas will always differ. However, if we can become able to maintain an element of focus in all of our life areas, we will be more likely to achieve this healthy life balance.

When we define those areas of importance, we create awareness within us of what areas in our lives need to be improved upon while taking a huge step towards achieving greater life balance.

"My point is, life is about balance. The good and the bad. The highs and the lows. The pina and the colada."

— Ellen DeGeneres

We might recognise someone with a 'healthy' balanced life through their effective prioritisation between work and lifestyle habits. 'Work' incorporates their career, education and personal ambitions, whereas 'Lifestyle' includes their health, pleasure, leisure, relationships and commitment to personal growth).

None of us are perfect, and none of us will ever achieve complete fulfilment in all of these life areas all of the time. However, it is possible to establish a healthy balance.

Achieving (and maintaining) a healthy life balance can be a life-long process. This process will often take form through the strategies and interventions we use for managing the challenges that arise in the context of our everyday lives.

Consider the major choices that you've made throughout your lifetime to date. The ones which have brought you genuine satisfaction. Then in retrospect, consider the 'opportunity cost' of any investments you've made (of focus, time, money or energy) that turned out to be far too unexpectedly high.

Of course, not every choice we make will fully support our greatest life vision every time. But the more choices that do, the more balanced, fulfilled and content we become. The more balanced we become, the clearer we'll be on which opportunities deserve our best efforts, and which opportunities are worth dismissing entirely.

It can become very easy to 'overload' in life due to the constant pressures and demands placed upon us. The following exercise will allow you to gain a balanced overview of your life in its entirety. Upon completion, you'll be able to identify clearly any specific areas in your life that are in urgent need of improvement!

**AND THIS IS WHERE OUR GOAL
SETTING JOURNEY BEGINS**



A few years ago I learned that nothing is ever as chaotic as it seems. Nothing is worth diminishing our health or poisoning ourselves into the pit of worry and stress.

There were times in the past where I'd physically (and mentally) exhaust myself due to working regular 12 hour days. I remember a discussion with an old colleague on this topic. At one point I said 'Yeah, but what can you do?' and he answered, 'There's always something you can do.'

Although this statement was very simple, it walloped home and comprehensively resonated with me. As I began to think about it and recognise it as true, I realised that we always have a choice about how we utilise our time.

When we become entrenched into anxiety based patterns of thinking and behavior, we tend not to look outside of our boxes. Unless something shakes us up, we can often fail to recognise even the most practical options that are available to us.

We all have different interpretations of work-life balance. However, in principle, we all share a similar idea of what this means - to have a satisfying amount of time available for doing the things we're passionate about, outside of a work based environment. This could mean time spent with family, time dedicated to personal improvement or even getting our bodies into a better physical shape.

We'll approach your life (and the topic of life balance) in a structured and 'balanced way' throughout this exercise.

The following pages will encourage you to break your life down into seven different areas so that you can clearly identify the specific areas in your life that are currently 'out of balance.' Because it's these very areas of your life that are most likely causing you the greatest degree of anxiety and preventing you from making the degree of progress that you want in life.

Many of us can 'overload' in life as a result of the demands associated with our work and our home lives.

This overload comes as we attempt to manage (and maintain) our relationships, our physical health, manage our finances, our routine responsibilities and even provide service within our local communities.

The questionnaire over the following pages has been designed to give you a balanced overview of all your most important life areas.

Upon completion, you'll be able to identify the specific life areas you really want to make changes in today.

"Grow with discipline. Balance intuition with rigor. Innovate around the core. Don't embrace the status quo. Find new ways to see. Never expect a silver bullet. Get your hands dirty. Listen with empathy and overcommunicate with transparency. Tell your story, refusing to let others define you. Use authentic experiences to inspire. Stick to your values, they are your foundation. Make the tough choices; it's how you execute that counts. Be decisive in times of crisis. Be nimble. Find truth in trials and lessons in mistakes. Be responsible for what you see, hear, and do. Believe."

— Howard Schultz



LIFE AREA 1:

SOCIAL AND FAMILY RELATIONSHIPS

Work through the questions & grade your answers from 1 – 10 with 1 being 'High' importance, and 10 being 'Low' importance.

1	How important are your family relationships?	___ / 10
2	How satisfied are you with your family relationships?	___ / 10
3	I am close to my parents and our relationships are healthy.	___ / 10
4	I am close to my children and our relationships are healthy.	___ / 10
5	The people who matter the most in my life accept me.	___ / 10
6	How important are strong social relationships to you?	___ / 10
7	How satisfied are you with your social relationships?	___ / 10
8	I have close friendships with people I can be myself around.	___ / 10
9	I have a good social network/ am part of social groups.	___ / 10
10	I am generally good at connecting with new people.	___ / 10
11	I get along with my neighbours and the people in my area.	___ / 10
12	How satisfied are you with your romantic relationship/s?	___ / 10
	How happy are you with the overall quality or your relationships?	

Notes: Write a personal vision statement about about an area/s in your relationships that you'd like to make changes in:

"Man maintains his balance, poise, and sense of security only as he is moving forward." - Maxwell Maltz

LIFE AREA 2:

CAREER & EDUCATION ASPIRATIONS

Work through the questions & grade your answers from 1 – 10 with 1 being 'High' importance, and 10 being 'Low' importance.

1	How important are career achievements to you?	___ / 10
2	How satisfying are your career achievements to date?	___ / 10
3	How fulfilled are you in your current work environment?	___ / 10
4	How much do you look forward to going to work each day?	___ / 10
5	Does your career stimulate and develop you as a person?	___ / 10
6	Do you have a healthy & rewarding work/ life balance?	___ / 10
7	Is your career moving you forward in advancement and reward?	___ / 10
8	How important are strong working relationships to you?	___ / 10
9	How satisfied are you with your current working relationships?	___ / 10
10	Is your working environment positive and supportive?	___ / 10
11	Do you find contentment and fulfilment in your current career?	___ / 10
12	How urgently would you like a career change?	___ / 10
	If you died today, are you happy with the legacy you'll leave behind?	

Notes: Write a personal vision statement about about an area/s in your career or education that you'd like to make changes in:

"There is no decision that we can make that doesn't come with some sort of balance or sacrifice." - Simon Sinek

LIFE AREA 3:

MONEY & PERSONAL FINANCES

Work through the questions & grade your answers from 1 – 10 with 1 being 'High' importance, and 10 being 'Low' importance.

1	How important is being financially effective to you?	___ / 10
2	How satisfied are you with your current financial effectiveness?	___ / 10
3	You have enough money to meet your current wants.	___ / 10
4	You have enough money to meet your current needs.	___ / 10
5	You know what your exact outgoings are each month.	___ / 10
6	You always know what's in your bank account/s.	___ / 10
7	How important is being generous to others to you?	___ / 10
8	How generous are you currently being towards others?	___ / 10
9	How satisfied are you with how much you give to others?	___ / 10
10	How important is charitable contribution to you?	___ / 10
11	How satisfied are you with how charitable you currently are?	___ / 10
12	How willing are you to step out your comfort zone & take new risks to generate more income?	___ / 10
	How much do you worry about your current financial situation?	

Notes: Write a personal vision statement about about an area/s in your personal finances that you'd like to make changes in:

"To establish balance in our personal finances, it's crucial that we learn to live within our means." - Kain Ramsay

LIFE AREA 4:

HEALTH, RECREATION & LEISURE

Work through the questions & grade your answers from 1 – 10 with 1 being 'High' importance, and 10 being 'Low' importance.

1	How important is establishing a healthy work/ life balance to you?	___ / 10
2	How satisfied are you with your current work/study/ life balance?	___ / 10
3	How important is your physical health to you?	___ / 10
4	How happy are you with your current physical health?	___ / 10
5	How happy are you with your physical fitness levels?	___ / 10
6	How important is having plenty of 'free' time to you?	___ / 10
7	How content are you with the amount of free time you have?	___ / 10
8	How important is your physical appearance?	___ / 10
9	How satisfied are you with your current physical appearance?	___ / 10
10	I can handle my stress and anxiety levels effectively.	___ / 10
11	How much do you currently enjoy life outside of work or study?	___ / 10
12	Are you able to do things that you enjoy frequently?	___ / 10
	I have room for improvements in my life outside of work and/or study.	

Notes: Write a personal vision statement about an area/s in your personal/social life that you'd like to make changes in:

"If you're interested in balancing work & pleasure, stop! Instead, make your work more pleasurable." - Donald Trump

LIFE AREA 5:

LIFE'S ROUTINE RESPONSIBILITIES

Work through the questions & grade your answers from 1 – 10 with 1 being 'High' importance, and 10 being 'Low' importance.

1	How important is managing routine tasks around the home to you?	___ / 10
2	How satisfied are you with how you currently handle routine tasks?	___ / 10
3	Are you disciplined in paying your routine household bills?	___ / 10
4	Could you be more disciplined in managing your bills & other important responsibilities?	___ / 10
5	How important is prioritizing your responsibilities?	___ / 10
6	How satisfied are you with how you prioritise your responsibilities?	___ / 10
7	How important is a well-managed home environment to you?	___ / 10
8	How satisfied are you with your current home environment?	___ / 10
9	How important is dealing with home issues promptly to you?	___ / 10
10	Would your home life be easier if you had a better system in place for managing your routine responsibilities?	___ / 10
11	How much do you worry about your routine responsibilities?	___ / 10
12	How much easier would your life be if you were more disciplined in managing your routine responsibilities around the home?	___ / 10

Notes: Write a vision statement about about how you could become more efficient in managing your routine responsibilities:

"Success is nothing more than a few simple disciplines that are practiced every day." - Jim Rohn

LIFE AREA 6:

Work through the questions & grade your answers from 1 – 10 with 1 being 'High' importance, and 10 being 'Low' importance.

CONTRIBUTION & GIVING BACK TO SOCIETY

1	How important is contributing back to society & making a difference to you?	___ / 10
2	How satisfied are you with how much you currently give back to society?	___ / 10
3	You regularly make a positive impact in the lives of other people.	___ / 10
4	How satisfied are you with the amount of difference you make in the lives of others?	___ / 10
5	How important is leaving behind a meaningful legacy to you?	___ / 10
6	How happy are you with the current legacy that you would leave behind?	___ / 10
7	How much do you encourage and support those closest to you?	___ / 10
8	My time is mainly consumed focussing on myself and my immediate needs.	___ / 10
9	You get involved with, and support a social initiative that you genuinely believe in.	___ / 10
10	Those closest to you find immense value in you.	___ / 10
11	Your peers or co-workers find immense value in you.	___ / 10
12	Someday, your children will be really proud of the way in which you've lived your life.	___ / 10
	I could make more effort in contributing back to society.	

Notes: Write a personal vision statement about about how you could begin making a greater impact in your culture or society:

"Try not to become a person of success, but rather try to become a person of value." - Albert Einstein

LIFE AREA 7:

MENTAL, EMOTIONAL & SPIRITUAL HEALTH

Work through the questions & grade your answers from 1 – 10 with 1 being 'High' importance, and 10 being 'Low' importance.

1	How important is being mentally healthy (and strong) to you?	___ / 10
2	How mentally healthy (and strong) do you currently feel?	___ / 10
3	How important is being emotionally healthy (and strong) to you?	___ / 10
4	How emotionally healthy (and strong) do you currently feel?	___ / 10
5	Are you confident and secure in who you are as a person?	___ / 10
6	How fulfilled are you with the way in which you're currently living your life?	___ / 10
7	How content are you with the way in which you're currently living your life?	___ / 10
8	How important is being spiritually healthy (and strong) to you?	___ / 10
9	How spiritually healthy (and strong) do you currently feel?	___ / 10
10	I regularly invest time into developing myself spiritually.	___ / 10
11	I am consistently competent at managing my emotions. I have good self-control.	___ / 10
12	My emotions will often manage me. I am undisciplined in self-control.	___ / 10
	Negative and destructive emotions will often get the 'better' of me.	___ / 10

Notes: Write a personal vision statement about how you can begin developing yourself mentally, emotionally and spiritually:

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him." - David Brinkley

GENERAL LIFE-EVALUATION QUESTIONS

Q1) Summarise what your ideal life would be like.

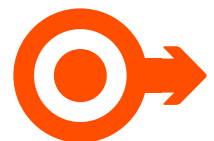
Q2) What is the main challenges (or difficulties) that you're currently facing in life?

Q3) What is working really well in your life at this stage of your life? (e.g.. Family, work, fitness etc)

Q4) What would it take for your life to feel more effectively balanced?

Q5) What words might other people use to describe you?

"Success is a lousy teacher in life. It seduces smart people into believing that they can't lose." - Bill Gates



EXERCISE 3

Writing Your Life Area Vision Statements

Take some time to reflect on your tomb stone inscription and obituary – does the previous exercise reflect the life areas that you believe are most important?

Notes: _____

Are your current efforts going to help you achieve better life balance? If no, what needs to change?

Notes: _____

Finally for this section, write a personal Vision Statement for each of your 7 life areas.

These Vision Statements should combine to form your 'Greatest Vision' and form the basis for the goal setting we'll complete in the next sections.

A personal Vision Statement is simply an aspirational description of what you would like to achieve or accomplish in the mid-term or long-term future in each specific life area.

VISION STATEMENT 1: Social & Family Relationships

VISION STATEMENT 2: Career & Educational Aspirations

VISION STATEMENT 3: Money & Personal Finances

VISION STATEMENT 4: Health, Recreation & Leisure

VISION STATEMENT 5: Life's Routine Responsibilities

VISION STATEMENT 6: Contribution & Giving Back

VISION STATEMENT 7: Mental, Emotional & Spiritual Life

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**DO YOUR OWN
THING OR DO
SOMEONE ELSE'S
THING. EITHER
WAY, YOU'LL END
UP DOING
SOMETHING!**

”

**UN-NAMED BRITISH
SOLDIER**