



Worksheet 6

TAKING AIM. PURSUING GOALS & DREAMS

Set some goals for one day, for one week, for one year, for five years.

Now set the intention you have for your transformation and map out the commitment you will bring to finding your way toward your goals.

Feel free to make any changes or adjustments as you gain more in self-knowledge.

Nothing is fixed. You can make any adjustments you need as you learn more about yourself.

Chart your progress.

Definite Chief Aim: Form a clearly stated big life goal or dream.

Don't worry about whether it will change in the future or what it will take to get there – just put all your eggs in one basket.

Describe how it would feel if you accomplished this and what you are committed to do to achieve it.

Be specific.

You will do what to have what for how long and this will make your life meaningful in what way?