

Choosing which goals to focus on will provide you with the direction that you need to live a fully alive life. It will help you to clarify your priorities. Work through these three steps. When you come to step 2, some questions might not feel relevant for you right now, so it's okay to skip over them. Once you've set your priorities for 2016, make sure that you continue to focus your life around those.

### STEP 1: FIND YOUR PASSIONS

What future is calling you?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Where/how do you want to stretch yourself in 2016?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What is the contribution you want to make in 2016?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Who are you becoming, and what more of you do you want to express?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Are there specific achievements you want to accomplish in the upcoming year?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

In what area(s) of your life do you want to show up as more fully alive?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are you willing to do towards fulfilling your answers above?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### STEP 2: CULL YOUR LIST

Which excites you the most?

Which would take you furthest, fastest?

Which would help you live into your biggest self or dream?

Which supports you in who you're becoming?

Which will have the most impact?

Which ones overlap with the passions of your family and friends?

Which one have you been procrastinating on?

Which one would be the most fun for you?

Which ones are easiest?

Which ones are most sustainable?

### STEP 3: SET YOUR PRIORITIES

Two **SHORT-TERM** (1 week - 5 months)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_

Two **LONG-TERM** (6 months - 12 months)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_