

The following exercise is a useful way to loosen up your thinking, help you identify core values and put you in a positive frame of mind for goal planning. Each question should be answered quickly in the allotted time.

What are the five basic values in life that are most important to you (eg, friendship, health, etc)?
(Take 60 seconds)

What are your three most important long-term life goals?
(30 seconds)

What would you do if you had six months to live?
(30 seconds)

How would you change your life if you become an instant millionaire?
(30 seconds)

What activities give you the greatest feeling of importance and satisfaction?
(60 seconds)

What would you like people to say about you at your funeral?
(30 seconds)

What have you always wanted to do but been afraid to attempt?
(30 seconds)