



Defining Goals

1. If you were to fully live your life, what is the first change you would make?
2. What areas of your life could be upgraded?
3. What would you work on now that would make a big difference in your life?
4. What do you want more of in your life?
5. What do you want less of in your life?
6. What things are you doing regularly that do not serve or support you?
7. What could you do to make this goal more specific or measurable?
8. What could be the biggest impact from achieving your goals?
9. What could you try now if you knew you could not fail?
10. What do you love?
11. What would you love to do before you die?
12. Is now the best time for you to make a commitment to achieving your goals?
13. For your life to be perfect, what would you have to change?
14. What do you desire?
15. What is one change you could make to your lifestyle that would give you more peace?