

Life Design For 2008



My 25 Biggest Opportunities/Goals for 2008

Include goals in all areas of your life: Family, spiritual, financial, career, business, social, body, continuing education, personal development, environments, pleasures, recreation, and adventure – whatever is most important to you.

1. _____ 0
2. _____ 0
3. _____ 0
4. _____ 0
5. _____ 0
6. _____ 0
7. _____ 0
8. _____ 0
9. _____ 0
10. _____ 0
11. _____ 0
12. _____ 0
13. _____ 0
14. _____ 0
15. _____ 0
16. _____ 0
17. _____ 0
18. _____ 0
19. _____ 0
20. _____ 0
21. _____ 0
22. _____ 0
23. _____ 0
24. _____ 0
25. _____ 0

25 Environments

Who are you going to spend time with?
Who will evolve/strengthen/develop you?
What environments – physical and virtual – will you use to keep yourself focused and on track?

1. _____ 0
2. _____ 0
3. _____ 0
4. _____ 0
5. _____ 0
6. _____ 0
7. _____ 0
8. _____ 0
9. _____ 0
10. _____ 0
11. _____ 0
12. _____ 0
13. _____ 0
14. _____ 0
15. _____ 0
16. _____ 0
17. _____ 0
18. _____ 0
19. _____ 0
20. _____ 0
21. _____ 0
22. _____ 0
23. _____ 0
24. _____ 0
25. _____ 0

25 Great Things I'm Going To Do For Myself in 2008!

What are the adventures, joys, purely selfish pleasures, projects, new skills, outdoor activities, hobbies, personal accomplishments, joining a group, and fun stuff that will make 2008 your most memorable year?

1. _____ 0
2. _____ 0
3. _____ 0
4. _____ 0
5. _____ 0
6. _____ 0
7. _____ 0
8. _____ 0
9. _____ 0
10. _____ 0
11. _____ 0
12. _____ 0
13. _____ 0
14. _____ 0
15. _____ 0
16. _____ 0
17. _____ 0
18. _____ 0
19. _____ 0
20. _____ 0
21. _____ 0
22. _____ 0
23. _____ 0
24. _____ 0
25. _____ 0

10 Daily Habits

What are the 10 things/practices to include during your day that will energize you?

Examples: taking vitamins, working out, meditating, making your bed, playing with your children, reading, taking a power nap, stop eating after 7pm, rising 30 minutes earlier, prayer, extra time with your partner.

1. _____ 0
2. _____ 0
3. _____ 0
4. _____ 0
5. _____ 0
6. _____ 0
7. _____ 0
8. _____ 0
9. _____ 0
10. _____ 0

10 Simplifiers

What are the 10 things/elements of your life that you are going to let go of, stop doing, or totally restructure during 2008 in order to simplify your life and increase your personal satisfaction?

1. _____ 0
2. _____ 0
3. _____ 0
4. _____ 0
5. _____ 0
6. _____ 0
7. _____ 0
8. _____ 0
9. _____ 0
10. _____ 0