

Defining your Destination

Instructions:

Be Do Have Exercise

This activity will assist you to set short, medium and long-term goals and prioritise goals that will have a greater impact on the important areas of your life. Please devote ample *thinking time* to each step.

Step 1 Write down all the things that you want to BE, DO or HAVE in the left hand column of the table provided in Appendix 1

Step 2 In one brief sentence can you explain why you want to BE, DO, HAVE each item on your list? if you can't do this with any of them, cross them off your list.

Step 3: Decide the most important areas of your life – for example:

Family
Friends
Career/Work
Finance
Health & Vitality
Emotional well-being
Social life
Fun, recreation, hobbies
Physical environment (where and how you are living and your surroundings)
Self-development

Add change or delete to include all the areas of life that are important to you. Define what success means to you in each of the life areas you have identified. Put these as the headings on the table provided (amend the areas of life as appropriate)

Step 4: Take each of your goals in turn and ask the question:
Will having, being or doing this thing improve the areas of my life that I deem are important? Give one mark for each Yes answer under each area of life that the goal will improve.

Step 5: For each of your goals, ask if it is right and fair to everyone in your sphere of influence and concern and if it will take you closer to your overall objective – if the answer is no then draw a line through the goal for now.

This matrix will provide you with a list of all the important goals and an idea of the extent to which achievement of these goals will impact on the different areas of your life. It can be used to decide which goals you wish to focus on now.

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Goal Sheet

Appendix 1

Goal – Be, Do Have	Areas of Life									
	Family	Friends	Career	Finance	Health	Well-being	Social life	Hobbies	Environ	