

— YOUR *signature* LIFE —

MODULE 3

LESSON 2

At the heart of deliberate living is shaping a life around our highest priorities and values (choosing what matters!). But nothing will come of these priorities unless they're translated into actionable goals (acting what matters!). In this lesson we look at setting inspired goals based on our Bin 1 priorities.

HOW TO CREATE INSPIRED GOALS

Adapted from The Deliberate Effect

1. Considering what's important to you, write down all the aspirations you've been wanting for yourself. They don't have to seem at all plausible—let yourself really play with your imagination and dreams. Don't hold back!

Dreams, aspirations, goals, I've been dreaming of for myself include...

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2. Write down your list of needs: What are the responsibilities in your life that are important for you to uphold to support your welfare emotionally, financially, health-wise, etc.? Are you a parent? A leader at work? Get these needs down in another list.

My list of key responsibilities that are necessary to uphold in order to support the welfare of myself and those I'm responsible for include...

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3. Take your list of aspirations and weigh them up to your Bin 1 items and list of responsibilities: Are they authentic to your highest priorities and values? Are you willing to stretch yourself to do the work to attain them? Do they conflict or work in harmony with your non-negotiable responsibilities? The more ambitious, the better! Far too many people only create goals they're sure they can accomplish. This said, you need to see that at the very least they do not by nature conflict with your prime responsibilities.

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4. Write out these ideas in the form of goals with the following criteria:

- Address each goal in the present tense beginning with “Now that...” followed by how you feel.
- Consider the SMART goal method: Make your goals specific, measurable, actionable, realistic, and timely. (When I say realistic here, I mean respecting fundamental laws, etc. So much more is possible than we allow ourselves to believe!).
- Include as much detail as you can, especially describing how you feel “now that” it’s come true. This part is critical!

Ex: Now that I’m _____ I have _____ and I feel _____!!!”

5. Read these statements to yourself often or record yourself reading them and listen to the recording again and again! Integrate them as a ritual for yourself and allow yourself to get emotionally involved in what it will feel like when those words genuinely reflect your reality. This part is key and brings so much excitement and joy to the process.

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MY INSPIRED GOALS

Dotted lines for writing goals.

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MY INSPIRED GOALS

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Times I will read or listen to my inspired goals include _____ x a week on the following days: _____.

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NOTES

A series of horizontal dotted lines for writing notes.