

Setting Goals that Fulfill the Promise of Your Unique Gifts

Future Fun: Complete this series of exercises in a Goal Exploration Group.

Instructions

- PART A** Think of one or more key people who have an important place in your life or who are a source of inspiration for you. For the purpose of this exercise, try to select a variety of advisors such as family members, coworkers, and friends who know you well. Consider people with whom you would feel comfortable discussing life goals at a later time.
- As **you** complete Worksheet A, describe the goals you **imagine** that person might advise you to choose in order to fulfill the promise of your unique gifts and personality.
- PART B** Your Goal Advisor completes Worksheet B **after** you have finished Worksheet A.
- PART C** You complete Worksheet C only after Worksheets A & B have been completed.
- PART D** SCHEDULE A FUTURE MEETING
- If your Goal Advisor is available, schedule an evening to discuss the responses to this exercise and any new insights that ensue.
- PART E** After the meeting, summarize the insights with writings, drawings, & perhaps a collage.

Worksheet A: Imagine that YOU are your **Goal Advisor** and complete the following worksheet.

Goal Advisor 1 _____

1. The **goals** that I imagine Goal Advisor 1 would choose for me are as follows:

Spiritual Goals _____

Emotional Goals _____

Physical Goals _____

Pragmatic Goals _____

Intellectual Goals _____

Career Goals _____

2. What **key goal** (long or short-term) do you imagine s/he might choose for you?

State this goal in **three** words. _____

State this goal in one sentence. _____

What **Magical Wish** might this person have for you? (Magical Wish: A wish that is in the realm of fantasy. If fairy godmothers did exist, this person would grant you this wonderful wish to really give you wings to soar.)

3. What **hypothetical obstacles** do you imagine Goal Advisor 1 might say could stand in the way of achieving this key goal, and in the way of *Magical Wish* fulfillment?

Obstacles to Achieving this Key Goal _____

Obstacles to *Magical Wish* fulfillment _____

4. How *might* s/he advise you to overcome the obstacles to achieving this key goal?

How *might* s/he advise you to overcome the obstacles to *Magical Wish* fulfillment?

5. What imaginary gift or symbol might s/he give to inspire you?

Worksheet B: Questions for you! Complete this worksheet **after** you have finished Worksheet A.

- 1.** Which goals would you set for yourself to achieve, in order to fulfill the promise of your unique gifts and personality?

Spiritual Goals _____

Emotional Goals _____

Physical Goals _____

Pragmatic Goals _____

Intellectual Goals _____

Career Goals _____

- 2.** What key, long or short-term goal would you choose for yourself?

State this goal in three words. _____

State this goal in one sentence. _____

What *Magical Wish* would you want to grant yourself? (Magical Wish: A wish that is in the realm of fantasy. If fairy godmothers did exist, she would grant you this wonderful wish to really give you wings to soar.)

- 3.** What obstacles could stand in the way of your achieving your key goal?

Obstacles to *Magical Wish* fulfillment _____

- 4.** Summarize how you might advise yourself to overcome each obstacle. How I could

overcome the obstacles to goal achievement _____

How I could overcome the obstacles to *Magical Wish* fulfillment _____

Worksheet C: Ask your goal advisor to complete this worksheet. Afterwards, compare the responses you imagined s/he would give with her/his actual answers.

Questions for Goal Advisor 1 _____

- 1.** Which goals would you suggest X achieve, in order to fulfill the promise of X's unique gifts and personality?

Spiritual Goals _____

Emotional Goals _____

Physical Goals _____

Pragmatic Goals _____

Intellectual Goals _____

Career Goals _____

- 2.** What key, long or short-term goal would you choose for X?

State this goal in three words. _____

State this goal in one sentence. _____

What *Magical Wish* would you want to grant X? (Magical Wish: A wish that is in the realm of fantasy. If fairy godmothers exist, she would grant you this wonderful wish to really give "X" wings to soar.)

- 3.** What hypothetical obstacles could stand in X's way?

Obstacles to Achieving this Key Goal _____

Obstacles to *Magical Wish* fulfillment _____

- 4.** Summarize how you might advise X to overcome each obstacle.

How to overcome the obstacles to goal achievement. _____

How to overcome the obstacles to *Magical Wish* fulfillment. _____