

Goals into Action Questionnaire

Who am I? No self-editing, no judgment:

1. Write down all of the things you are interested in:
2. Write down all of the things you think you are good at:
3. Now write down everything that appeared on both lists:

(If anything didn't make it to #3, review list #1 and put a * next to anything you think you could learn to do well.)

What do I want to do? Again, no self-editing:

1. Make a list of your dreams. Then, rank your dreams in order of priority. Circle #1—it's your top priority!
2. Imagine yourself 6 months from today, imagining you are living your top priority dream (#1 above). Write a description of an ideal day in your future life. Take yourself through all the details, like how you wake up, what you do during the day, who see, and how you feel and experience life. This should be the most positive version of 6 months from today that you can imagine. Write it in the present tense, as if you are experiencing it now.

Actionable Steps (Shall I have to remind you again not to self-edit?)

Now, jot down anything (big or small) that comes to mind which could bring you closer to that future life.

