



202a

Your life goals

It's so easy to drift through life without ever setting big goals, dealing with each day as it comes and goes in a pragmatic way but lacking a sense of purpose. This is a passive way to live, favoured by the vast majority of human beings who simply deal with life as it turns up, from time to time wrestling with major choices, but most days just getting on with it.

However there is an alternative, which tends to be the one chosen by people who make a real difference: those who lead, inspire and leave a lasting legacy in the world. That is the active way to live, requiring three essentials: **consciousness, purpose and values.**

In effect, this whole course is about increasing your level of consciousness, and we'll be looking at values later in the course. For now, let's consider purpose.

You're doing this course for a reason. Your motivation may currently be 'away from' – seeking to stop something painful or uncomfortable, such as people not listening to you or fear of public speaking. This is the moment to consider the other side of the coin: 'towards' motivation. When you set life goals, you



define a vector and suddenly decisions become easier to make and you have greater clarity about how to spend your time and what your priorities are.

Exercise #1: Here are some questions to ask yourself. You may already have answered them, but if you haven't, take your time over this and in each case start by brainstorming (write everything down without self-censorship) and then refine and rank them. Then go over them and as far as possible make them SMART: specific, measurable, achievable, realistic and timed. But don't limit yourself - SMART is not essential! Some very big goals may seem impossible today, but the history of many great achievers proves that the most restrictive current circumstances (poverty, oppression, lack of education) are not necessarily limiters. Dream big!

- What is it I want to achieve in my life?
- What is the difference I want to make in the world?
- How do I want people to remember me?
- What legacy do I want to leave?
- What things do I want to experience/possess? And leave behind?
- What skills or abilities do I need in order to achieve these things? (What's missing right now?)
- What knowledge do I want to learn? (What fascinates me?)
- What do I love doing? (On my death bed, what would I regret not having done more of?)