



Be Do Have

This exercise will help you to explore everything that you want to do, be or have. This will assist you to set short, medium and long-term goals.

Please devote ample *thinking time* to each stage highlighted below.

Stage 1

Write down all the things that you want to BE, DO or HAVE. You may revisit these lists several times over a period of days or weeks.

Stage 2

Write in one brief sentence 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.

Stage 3

Decide the most important areas of your life (as you would on the Wonderful Life Wheel) – for example:

- Family
- Friends
- Career/Work
- Financial
- Health & Vitality
- Emotional well-being

- Social life
- Fun & recreation
- Physical environment (where and how you are living and your surroundings)
- Spiritual life

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.

Stage 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.

Stage 5

For each of your goals, ask if it is right and fair to everyone in my sphere of influence and concern and if it will take you closer to your overall objective.

Stage 6

Put your goals in order. Take your top 10 goals. These are the ones that you are going to work on first.

- Define your goals into 4 main groups:
- Ongoing goals needing daily input
- Short-term goals to achieve within a week to a month
- Medium-term goals that may take between a month and a year
- Long-term goals that may take longer than a year.

Stage 7

For each of the goals on the list, expand your *WHY*. Explain to yourself fully why you want to have this goal and what it will mean to you. Write this down.

Stage 8

Take each goal in turn and make 2 'to do' lists for each to show:

- What you are prepared to do to achieve it
- What you will need to do to achieve it.

Stage 9

Make a list of:

- The people you need to work with or
- The people who can help you
- The skills you might need to develop
- The actions you need to take
- What you need to learn
- What you need to understand.

Stage10

Complete the rocking-chair test. Take yourself out into the future as age 90. Imagine a wonderful life you have designed for yourself. Visualise it. Fully associate with this.

Write down the story of your incredible life, the amazing things you've done, fantastic things you've seen, the people you have touched and the changes you have made in your own life.

Place your goals with their action points, within a time-frame. Put a start and finish date on them. Remember a goal is a dream with a date.