

Preparation for G156 — Life Goals

A good goal is like a strenuous exercise—it makes you stretch.

- Mary Kay Ash

Establishing goals is all right if you don't let them deprive you of interesting detours.

- Doug Larson

Ponder all these questions, and then concentrate on answering two or three of them.

1. Have you set life goals for yourself?
2. How do you distinguish life goals from other goals?
3. What are the benefits of setting life goals? Are there any drawbacks?
4. How many of your achievements have been life goals? (In other words, had you been striving for the achievement for some time, or did it happen because of other circumstances?)
5. What life goals have you already accomplished?
6. What have you had to give up in order to achieve a life goal? If you had it to do over, would you make that sacrifice again to achieve the goal?
7. Do you have regrets about any of your life goals?
8. Describe how you achieved one life goal that was difficult to accomplish.
9. What are some you have yet to achieve. What's standing in your way?
10. Have you given up on any of your life goals?
11. John Goddard is a famous adventurer and motivational speaker. When he was 15 years old he started a "life list" of 127 things he would like to do or see or experience during his lifetime—things as diverse as building his own telescope, becoming an Eagle Scout, climbing 16 of the world's most famous peaks, exploring eight rivers on several continents, and teaching a college course. (You can see a list of his goals at <http://www.wamware.com/world-religions/life-list.htm>) By age 74, he had completed 109 of his goals. If you haven't done so already, start your own life list or a dream book. Pick one goal from your list and outline the specific steps necessary to achieve the goal.