

Purpose and Goals

Key Skills:

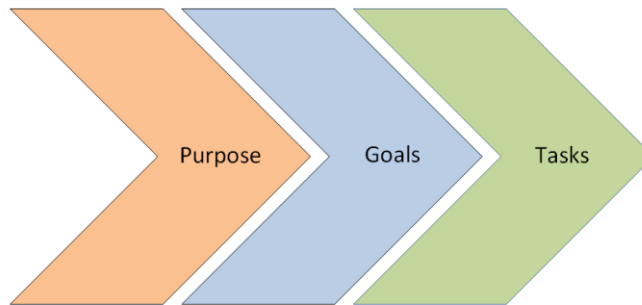
- I can define my life purpose and values.
- I can envision short and long-term goals...personal, family, school/work, financial, spiritual, social, etc.
- I can develop and implement a task plan to achieve goals.

Learning Points:

- Be SMART. Goals should be Specific, Measurable, Attainable, Realistic and Timely.
- Write your goals. Share them with people who are important to you.
- Take action to identify and eliminate obstacles to success.
- Some goals have a financial implication; build this into your spending plan.
- It takes time, focus and discipline to accomplish meaningful goals.

Context:

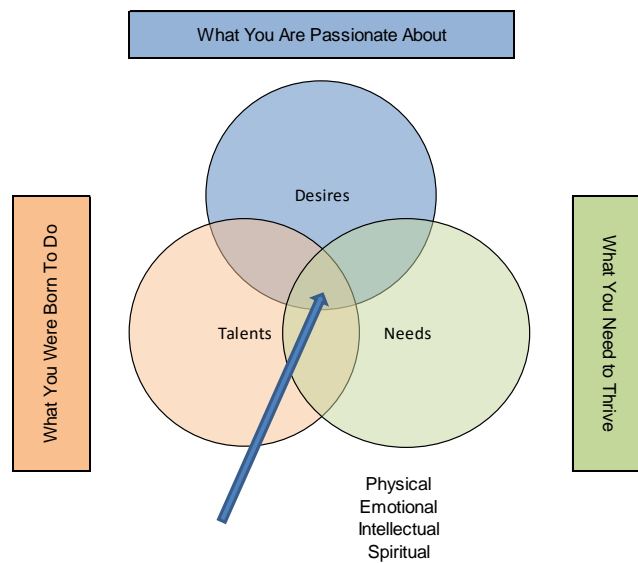
- Daily priorities for tasks should flow from your life purpose and short and long-term goals.



What is Your Life Purpose? Some points to consider.

- A job is important but it is not your life.
- You are not what you “have” and “do”. What you become is more important.
- Become the “best version of yourself”, in your own unique way.
- Life purpose should come at the intersection of Desires, Talents and Needs.

From "The Rhythm of Life" by Matthew Kelly



Life Purpose Exercise.

What You Are Passionate About?	
What You Were Born To Do?	
What You Need to Thrive?	

What Are Your Life Values: Circle 10 words that best describe who you are.

- | | | | |
|---------------------|------------------|---------------------|---------------------|
| Achievement | Education | Justice | Preparation |
| Ambition | Encouragement | Kindness | Purpose |
| Appreciation | Equality | Laughter | Reaching Out |
| Believe In Yourself | Excellence | Leadership | Respect |
| Caring | Forgiveness | Learning | Responsibility |
| Character | Friendship | Listening | Right Choices |
| Charity | Generosity | Live Life | Rising Above |
| Class And Grace | Giving Back | Live Your Dreams | Sacrifice |
| Commitment | Good Manners | Love | Sharing |
| Compassion | Gratitude | Loyalty | Soul |
| Compliments | Hard Work | Making A Difference | Sportsmanship |
| Compromise | Helping Others | Motivation | Stewardship |
| Confidence | Honesty | Opportunity | Strength |
| Courage | Hope | Optimism | Teaching By Example |
| Courtesy | Humility | Passion | Team Work |
| Dedication | Including Others | Patience | True Beauty |
| Devotion | Innovation | Perseverance | Trust |
| Do Your Part | Inspiration | Persistence | Vision |
| Drive | Integrity | Practice | Volunteering |

Exercise: write down 2-3 goals then list some key steps to accomplish them.

	Goals <i>Identify 2-3 goals, at least one should be long-term.</i>	Tasks <i>Identify the 3-5 tasks to accomplish your goal.</i>	Financial Plan <i>Identify costs associated with your goals.</i>
Example	Acquire a new skill that leads to increased earnings.	Identify the skill that causes me to get excited.	
		Determine where/how I can acquire this skill.	Save \$500 to take the course.
Goal 1			
Goal 2			

Wrapup:

- **Homework:** Try to capture your life purpose with some key words. What is at the intersection of Desires, Talents and Needs?
- **Critical Thinking:** How can I define my life purpose in a way that motivates and excites me?
- **Skills assessment:** Review key skills and learning points at the top of this page. Do a self-assessment of the skills above (5 is best).
- **Personal Action Plan:** Based on my learning today, I need to do the following 1 or 2 things:

"Picture yourself in your mind's eye as having already achieved this goal. See yourself doing the things you'll be doing when you've reached your goal."