



YOUR BIG PICTURE Life Desires and Goals

WHO ARE YOU?

WHAT ROLES DO YOU PLAY?

WHAT ARE YOUR PRIORITIES?

WHAT DOES YOUR BIG PICTURE LOOK LIKE?

Take some quiet time... review, consider and work through the following exercise. In doing so, you will begin to identify what is important to you, what your values are and how to create a healthy and fulfilling life that offers the opportunity to enjoy happiness and success on all levels. In each of the categories identified, please place a checkmark next to the ten most important goals you'd like to work on within the next year. From the ten checkmarks, rank order them from 1 to 10 with 1 being most important right now, and 10 least important at this time Please take your time as it may take you several sittings to fully understand who you truly are, what is important to you and what you want to attain.

Health and Emotional Balance

Reduce stress

Further develop healthy living practices

Achieve more energy

Play more

Sleep better

Take more responsibility

Other _____

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Career/Profession

___ Upgrade profession

___ Design a new career

___ Reduce stress on the job

___ Obtain a promotion

___ Improve your job performance

___ Start/Develop a business

___ Be more productive

___ Other _____

Relationships

___ Develop a new relationship

___ Re-design a current relationship

___ Create a more active social life

___ Attract new people into your life

___ Get closer to family

___ Other _____

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Transitions

Separation or breakup of relationship

New Job

Loss of some kind

New Opportunity

Relation

Medical changes

Retirement Planning

Windfall of money

Other: _____

Special Considerations

Have more fun

Learn new hobby

Complete a special project

Take up a relaxation practice

Discover core values

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___ Become more enthusiastic/optimistic

___ Design your vision/purpose

___ Tend to own needs more

___ Begin a spiritual path

___ Tap into your creativity

___ Become more responsible

___ Become less 'other focused'

___ Minimize "rescuing" tendencies

___ Other: _____

From the ten checkmarks, rank order them from 1 to 10 with 1 being most important right now, and 10 least important at this time.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

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Next, IDENTIFY the ROLES do YOU PLAY:

For example: Husband/Wife/Father/Mother/Son/Daughter/Brother/Sister/Friend; Business Owner/Colleague; Community Leader/Member

Next, CONSIDER WHO YOU ARE, YOUR PRIORITIES and WHAT is IMPORTANT to YOU:

- Personal
- Professional
- Relational
- Spiritual

Other thoughts:

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LASTLY, IDENTIFY and CONSIDER YOUR 6 to 8 VITAL and PASSION-FILLED LIFE DIMENSIONS and WHY THESE DIMENSIONS ARE IMPORTANT TO YOU:

1. _____

IMPORTANT BECAUSE: _____

2. _____

IMPORTANT BECAUSE: _____

3. _____

IMPORTANT BECAUSE: _____

4. _____

IMPORTANT BECAUSE: _____

5. _____

IMPORTANT BECAUSE: _____

6. _____

IMPORTANT BECAUSE: _____

7. _____

IMPORTANT BECAUSE: _____

8. _____

IMPORTANT BECAUSE: _____

Other thoughts:

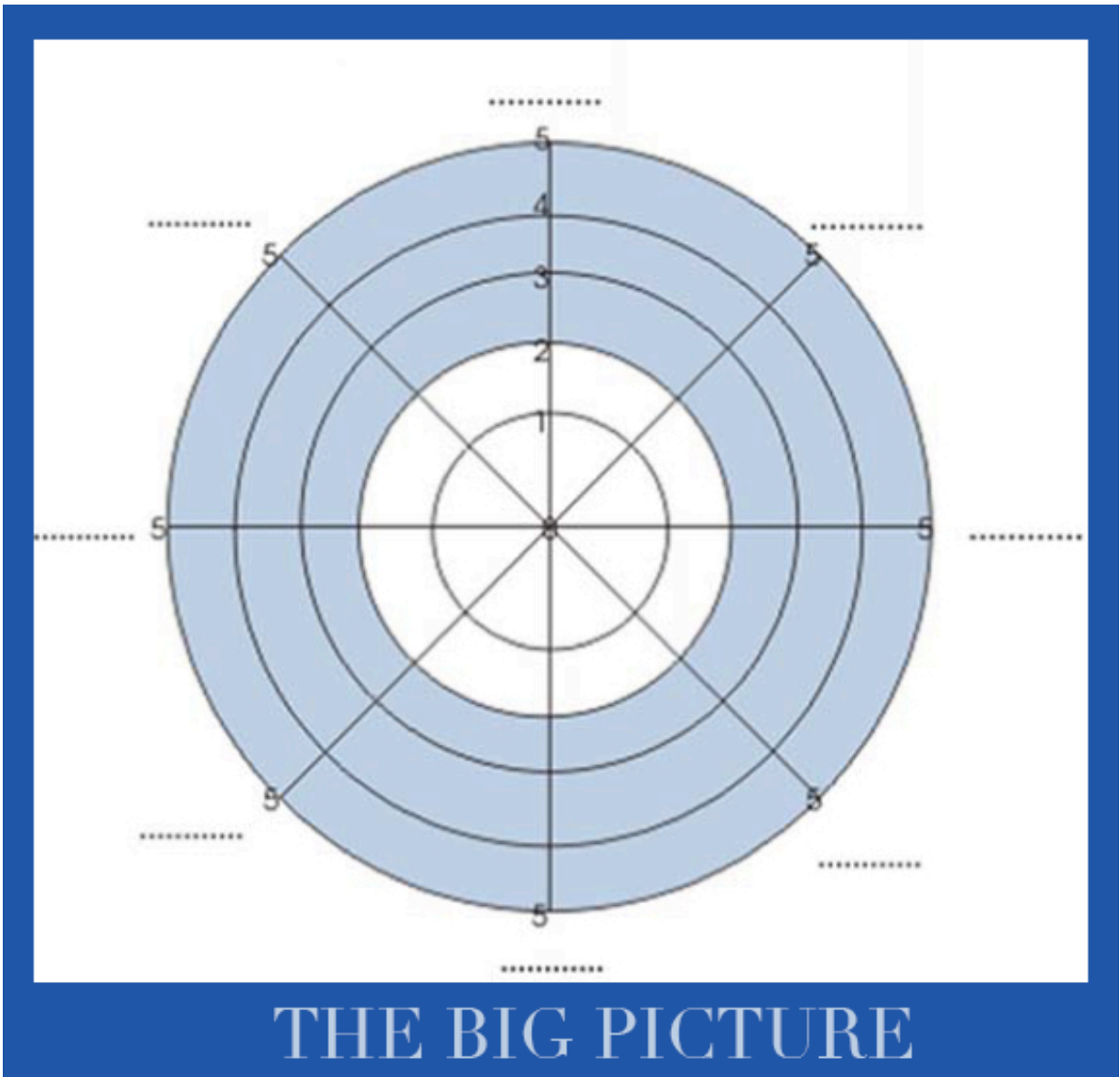
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YOUR BIG PICTURE

Life Desires and Goals

- 1) CHART YOUR 6 to 8 VITAL LIFE DIMENSIONS.
- 2) IDENTIFY HOW MUCH TIME YOU SPEND IN EACH AREA.
- 3) ULTIMATELY, CREATE VALUE AND BALANCE EQUALLY AMONG YOUR 6 to 8 VITAL LIFE DIMENSIONS.
- 4) NEXT, YOU WILL BE IN POSITION TO ENCOURAGE YOUR CLIENTS IN IDENTIFYING AND EFFECTUATING THEIR BIG PICTURE.



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