BACKWARD GOAL SETTING EXERCISE

**INSTRUCTIONS**: Grab some blank paper(s) and a pencil/pen.

**Step 1** – Write down your ULTIMATE goal in life. For example, you might want to ask yourself the question, “When I am at the end of my life, what would I want to have accomplished?” or “What do I want to be remembered for?” or “What would I want to leave behind as my legacy?”

**Step 2** – Then, along the same vein, ask yourself what you would like to accomplish at the end of the next 10 years of your life. Write down your answer(s).

**Step 3** – Then ask yourself what you would like to have accomplished at the end of 3 years. Write down your answer(s).

*You may notice at this point that your goals are becoming more concrete. This is perfectly OK.*

**Step 4** – Finally, ask yourself what you would like to accomplish in the next 12 months. Write down your answer(s).

**Step 5** – Review your 12-month goals. Ask yourself, what concrete actions do you need to take in the real world to reach these goals? Are these actions reasonable? What resources do you need to take these actions? Write all of this down.

**Step 6** – Finally, bring this list for discussion to your coach if desired. If not, then you are ready to start working towards your goals steadily. Good Luck!