

R.E.A.L GoalsSM: Finding Your Purpose

(Realistic, Easy, Attainable, Life Goals)

Example: I will spend 30 minutes a week exploring my interests and values aimed at helping me find or strengthen my purpose.

The benefits:

Individuals who have a sense of purpose and what is inside of their control versus outside of their control tend to live longer. When you feel that you have a purpose, you are more likely to live each day to the fullest because you know who you are, where you're coming from, and where you are going.

Quick tips:

- Answer thought-provoking questions about yourself.
 - What were you passionate about as a child?
 - If you didn't have a job, how would you choose to fill those hours?
 - What makes you forget about the world around you?
 - What issues do you hold close to your heart?
 - What is on your bucket list?
 - If you have a dream, how could you make it happen?
- Explore your interests.
 - What's something you've always wanted to do but haven't yet?
- Explore your values.
 - Identify your top six values.
 - Self-assess how you are currently living your life. What areas need more attention, and where are you thriving?
- Discover what you love to do.
 - Is there a new class or hobby you would like to try? Donate your time or talent.
 - What's a cause you care about?
- Surround yourself with people who support you.
 - Ask people you respect what skills/attributes they see in you.
- Set goals; this will give you a purpose to work towards each day.

Things to think about:

- What negative or limiting beliefs have stopped you from your purpose until now?
(Cross out each of these beliefs and write "FALSE" next to each one. It's fun!)
- Make a list next to these of why they are not true.
- Start designing a plan that is playful and creative about what you want to accomplish, do, be, or your new purpose.

Cutting out the excuses:

Excuse number one: I don't have time.

The opportunity cost of wasting your time

Today's unconscious cost	Total time spent per year	What you could've accomplished instead
30 minutes a day on your phone/social media	182.5 hours/year <i>or</i> 22 full 8-hour workdays	<ul style="list-style-type: none">• Build a brand-new website• Learned how to mediate• Uninterrupted play with your child/connection with a friend/loved one
60 minutes a day on the news, emails, celebrity gossip	365 hours a year <i>or</i> 45 full 8-hour workdays	<ul style="list-style-type: none">• Written the first draft of a book• Launched a new revenue stream• Secure a raise or make a career change• Volunteer
90 minutes a day watching TV, Netflix, Hulu	547.5 hours a year <i>or</i> 68 full 8-hour workdays	<ul style="list-style-type: none">• Learned to speak a different language• Finished your degree• Launched a profitable side business

Excuse number two: I don't have the money.

- Spend less
- Sell items you no longer use
- Scholarships/Grants
- Side jobs
- Explore opportunities that do not cost money.

Excuse number three: I don't know where to start.

- With the internet, you can learn any skill at any time.
- Turn your insight into action:
 - Think of a time you didn't think you knew how to do something or didn't have time and made it happen.....
 - What is the most important goal you want to achieve or figure out?

Challenge your excuses:

- Write them down.
- Cross them off and write why each excuse is not valid. What are you willing to say, do, or think to eliminate the excuse?
- Track your time for seven days and see where you are spending your most precious time.
- Evaluate your goal – how important is it? If it is not a priority, take the opportunity to find something that is.

Moving forward:

- What do you want to do or accomplish? Write it down.
- What is the worst-case scenario if you move forward? Write it down.
- Review your worst-case scenario. Write down how you could recover or rebuild if it happened.
- Now flip it. What is the best-case scenario? What are the payoffs? Write them all down.

Define your dream or purpose:

Step one: List your top one-year dreams.

Step two: Get honest about your dream or purpose.

- Review your list. What makes your heart jump? What are you drawn to?

Step three: Choose one from the list.

Step four: Make it Specific, Measurable, and Actionable.

- For example, finding a new career becomes registering for a photography workshop.

Step five: Determine your next three steps and get started.

- Three simple actions you can take to get closer to your dream/purpose.

Resources for more ideas on finding your purpose:

- [How to find your purpose in life](#) – Greater Good Magazine
- [Find your purpose at work.](#) Ted Talk by Katie McNerney

Explore more [Real Goals and Supplemental Resources](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)