



Wacky Wild Goal Brainstorming

INSTRUCTIONS: Everyone says how important it is to have goals, but sometimes we don't know where to start. The purpose of this exercise is to brainstorm potential goals and identify up to 10 possible areas that could be turned into goals. Allow yourself 1-2 weeks to complete and return later to your initial brainstorm to add anything you may think of afterwards!

1. BRAINSTORM below a list of everything you want in your lifetime!

- List below all the **Wacky, Wild** (and normal!) **things** you want to **BE, DO and HAVE** in life!
 - Aim for **at least 50 items** from big to small, ANYthing and EVERYthing you can think of.
 - **Write as quickly as you can** and **keep your answers brief** and your **list on one page**. This is a brainstorming exercise, so nothing should be ruled out and **everything should be included** from the mundane to the extreme.
- NOTE: As this is a 'stream of consciousness' approach, **duplicates, silly and meaningless answers are just fine**.

2. CIRCLE 10 items as possible goals. Now review your list below and circle 10 items that really get you inspired or excited.

