



Goal Setting

First, reflect to the Values Elicitation exercise from the ILC course. You will want to make sure you have elicited your values and then set goals that are in alignment with them.

In setting goals, it is important to tie meaning, feelings, and inspiration to what it is you want to achieve. There are five elements that every goal should have:

- 1) What is the goal? In other words, what would it be traditionally known as in our culture?
- 2) What does the goal mean to you? What does it represent?
- 3) If you wrote a check for it today, how much would you need to achieve the goal?
- 4) By when, do you want to achieve it – stretch here! This is a date, month, and year i.e., 9/1/2025
- 5) What are a few words or a phrase that describe what you would be thinking, or feeling having achieved the goal?

Name: Mortgage Free Home	Name: Annual International Travel
Meaning: Ultimate flexibility	Meaning: Connection with other Cultures
Amount: \$450,000	Amount: \$10,000 a year
By when: 6/30/2035	By when: Annually beginning 5/15/2030
Words/Phrase: Elated, Stress-free, Ability to breathe	Words/Phrase: Wanderlust, Enrichment

Name:	Name:
Meaning:	Meaning:
Amount:	Amount:
By when:	By when:
Words/Phrase:	Words/Phrase: