



# Well for Life Wisdom Live Your Dream in 2015

A new year is a great opportunity for a fresh start by setting goals for the year to come.

Here are 10 steps to make your dreams come true.

“People with goals  
**succeed**  
because they know  
where they’re going.”  
Earl Nightingale

## STEP 1: BRAINSTORM WHAT YOU WANT

To achieve what you want, you must know what you want. Make a list of everything you would love to achieve in your life. Once complete, categorize them into the following life areas (you can add others if you choose):

Health, Family/Friends/Relationships, Personal Development/Education, Spiritual/Connection with Self, Fun/Hobbies/Entertainment, Career/Business, Finances, Contribution/Legacy

## STEP 2: DETERMINE YOUR “WHY”

We are motivated to take action when we have a big enough reason why. The pleasure of achieving your goal (or the pain of not achieving your goal) must be greater than the effort of taking action towards it.

Here are some questions to ask yourself in regards to each goal:

If you were in your rocking chair at the end of your life, looking back at the things you did and did not do, how would you feel about yourself if you accomplished this goal?

How would you feel about yourself if you did not accomplish this goal?

Do you feel achieving this goal will have a lasting impact on your life or someone else’s life?

Does this goal inspire you to want to take action?

Are you willing to put in extra effort to create this in your life?

“Ask yourself if what you’re doing today is getting you closer to **where you want to be tomorrow.**”

## STEP 3: CHOOSE 5 GOALS TO WORK TOWARDS THIS YEAR

Choose the top 5 goals that will make the biggest impact towards living the life of your dreams, have the biggest “Why” and that inspire you most to take action. If you are up to it, choose 5 in each of the life areas. Once you accomplish one goal, add another to the list.



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## STEP 4: MAKE IT S.M.A.R.T.

S.M.A.R.T. goals are:

Specific – What exactly do you want?

Measurable – Can you clearly know when your goal is met?

Attainable – Are there specific actions you can take to accomplish your goal?

Realistic – Does your goal stretch you? Goals should not be too easy or too hard.

Time bound – Have you set a timeline as to when you want your goal accomplished?

## STEP 5: COMMIT

Commitment is the key to actually achieving your life's goals. Write down what you want to achieve, post it somewhere visible, & tell people. Have an accountability partner, or coach, that you connect with daily or weekly for 5-15 minutes. Having someone else to report to can help keep you on track.

COMMITMENT  
is the glue that  
binds you to your  
goals.

## STEP 6: BREAK IT DOWN

Often our big goals are actually a series of smaller goals or action items. Break down your yearly goals into 5 monthly goals. At the end of each week, break your monthly goals into 5 weekly goals to accomplish the following week. At the end of each day, break down your weekly goals into 5-15 action items for the next day.

## STEP 7: PLAN YOUR REWARDS

We must stop and celebrate our successes. Success breeds success. When we can recognize success, and BE in the feeling of achievement, it motivates us to take more action and achieve more goals. Set yourself rewards for when you achieve your yearly, monthly, and weekly goals. Plan your rewards now as you set your goals, make them things you wouldn't normally do for yourself.

## STEP 8: TAKE ACTION

Achievement is about progress not perfection. As long as you are taking action and making steps, even baby steps, towards your best life you are on the right track.

## STEP 9: STAY IN THE PRESENT

Life is not linear and there are likely to be ups and downs and times when things move quickly then slowly. Release your focus on the bigger goals as they may feel too far away. Focus on your reasons why and the most impactful actions you can take today, right now.

## STEP 10: HAVE FUN

This is all about living the life of your dreams, it should be fun! If it isn't fun, focus on another goal. Life is not about your destination, it's about your destiny.



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## GOAL TRACKING

WEEK OF: DAY: \_\_\_\_\_ MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

GOALS I AM IN THE PROCESS OF ACHIEVING THIS YEAR	
1	
2	
3	
4	
5	
ANNUAL REWARD	

GOALS I AM IN THE PROCESS OF ACHIEVING THIS MONTH	
1	
2	
3	
4	
5	
MONTHLY REWARD	

GOALS I AM IN THE PROCESS OF ACHIEVING THIS WEEK	
1	
2	
3	
4	
5	
WEEKLY REWARD	



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DAILY ACTION STEPS

DATE: \_\_\_\_\_

WRITE OUT YOUR ACTION STEPS THE EVENING BEFORE

ACTIONS I AM TAKING TODAY	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	



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## Tips & Examples for S.M.A.R.T. Goals

Saying, “I want to be healthier” is not specific or measurable. What specifically do you mean by being healthier? Does that mean being more fit, letting go of weight, eating more vegetables, or healing a disorder or disease? It can mean many different things so it isn’t specific enough to be an attainable goal.

If your goal is to be more fit, that still isn’t measurable. What specifically is “more fit?” What metric would you use to assess your fitness? Do you want to be able to bench press a specific weight, reduce your pant size by a specific number? Not only does it need to be measurable, it needs to be something you have direct control over with your actions.

Here are some specific, measurable, attainable, realistic, and time-bound fitness (S.M.A.R.T.) goals:

Do 60 minutes of high intensity, short duration exercise 3 times per week for the next year.

Do 60 minutes of yoga 3 times per week for the next year.

Run 10K in the Ottawa Race Weekend on May 23, 2015.

Here are some S.M.A.R.T. nutrition goals:

Eat 3 vegetarian meals per week in January.

Eat home made meals 10 times per week for the next year.

Reduce intake of grains to 5 meals per week for the next year.

Here are some S.M.A.R.T. personal development goals:

Read for 30 minutes, 3 times per week on personal development (make a list of specific books to read).

Attend the “Think Well for Life” Workshop on April 15, 2015.

Audit “The Politics of Gender and Health Class” at Carleton University in fall of 2015.

## Reward Examples

- Day at the Nordik spa
- Weekend at the Grail Springs Spa
- Concert/theatre/ballet/symphony tickets
- Get a makeover
- Get a cleaning service to clean your home
- Buy a piece of jewelry
- Buy a new TV or sound system
- Get a personal trainer
- Buy something new for your wardrobe
- Buy a high end piece of equipment for a hobby
- Buy a gadget/camera/blender/iPad
- Adventure day –zip line, hot air balloon ride, rafting
- Guilt free pajama day
- Guilt free lounging in a hammock reading a book day
- Self care –massage/manicure/pedicure/facial
- Road trip –day in a small town, weekend in NYC
- Rent a boat for a day
- Rent a cottage for the weekend
- Test drive your dream car
- Hire someone to do something for you—cut grass, grocery shopping, wash the car
- Go out to a great restaurant or take a cooking class