

## **Exercise 1**

Take some time to think about what you want to achieve. It is best if you don't rush this part.

This book is designed to help you make a change in your life. If you need to walk away from the book and think, that is ok. If you need to sleep on it, that is ok too. Whatever you need to do, you do.

You can also come back to this exercise later as inspiration hits when you complete a few more exercises.

Make a list of your dreams:

---

---

---

---

---

---

---

---

---

---

---

Categorize your goals using the following table. It doesn't matter if you don't fill up all the categories. It is more important that you start thinking about your goals. If you have more than one idea per category, that is ok too. The boxes contain examples to help you.

<b>Immediate</b>	Remember to pick up milk on the way home
<b>Short-term</b>	Save up \$500 so that I can buy concert tickets to see Beyonce in August
<b>Intermediate</b>	Lose 10 pounds before I see my mother at Christmas
<b>Long-term</b>	Get a new job, with higher pay and better benefits before Summer next year
<b>Lifetime</b>	Save up for a downpayment on a house before I am 30

