

## Goal Setting

The next page has a table for you to list some goals and details about them.

We will have different types of goals; ones which are important to us such as providing for our family or savings for retirement and other ones which are dreams we have, maybe sailing across the Atlantic. I would encourage you to put them all down, and then over time you can investigate if they are achievable and what it is you need to do to achieve them.

Be specific; when do you want to achieve a certain goal by and how much money do you think you will need at that time?

Here are some questions to think about;

What are your dreams in life, the scene that you replay in your mind at times?

What are the things you would like to do in life? Why these things?

What are the important things to you in life? Why are they important?

What is the one thing you dread happening in life? Why?

If you were told today that you had only a short time to live, what would be your regrets; the things you had wished that you had done?

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| <u>Goal</u> | <u>Why this is important to me</u> | <u>Date I want to achieve this by</u> | <u>Money I will need at that date</u> |
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