



WholeLife Aspirations and Goals

CONNECTING YOUR LIFE PURPOSE TO YOUR LIFE CHOICES

Seeing Things Whole

by David Specht



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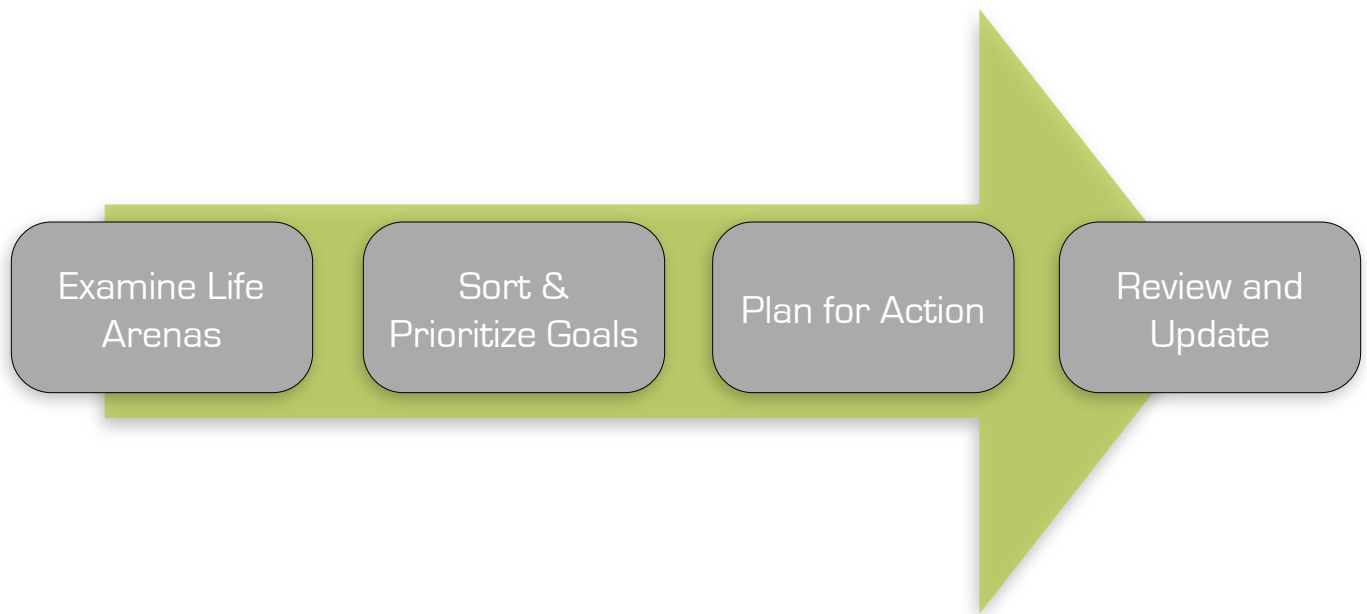
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aspirations and goals workbook

This workbook provides a process and space for examining various areas of your life and putting words to your aspirations and goals. We've called it the WholeLife workbook because, unlike many other personal goal-setting worksheets, this workbook invites you to examine several different dimensions or arenas of your life in some particularity, before then moving to identify an overall set of personal goals.

Identifying your aspirations and developing specific goals which reflect your personal priorities is a powerful exercise of clarifying your intentions about what is most important to you and what you plan to do to make your goals reality.

Work with the process laid out in this workbook at a pace that suits you. You can do it in a morning or afternoon, or over the course of days and weeks. The basic flow goes like this:



Your work here will enable you to identify your priority goals and key actions required in order to realized them. In this way, it can serve as a tool for checking in with yourself around whether you are prioritizing your time and efforts in a way that reflects what is most important to you.

Beginning on the next page, you'll be invited to being this journey by examining the various arenas of your life and answering a set of not so simple questions.

Enjoy!

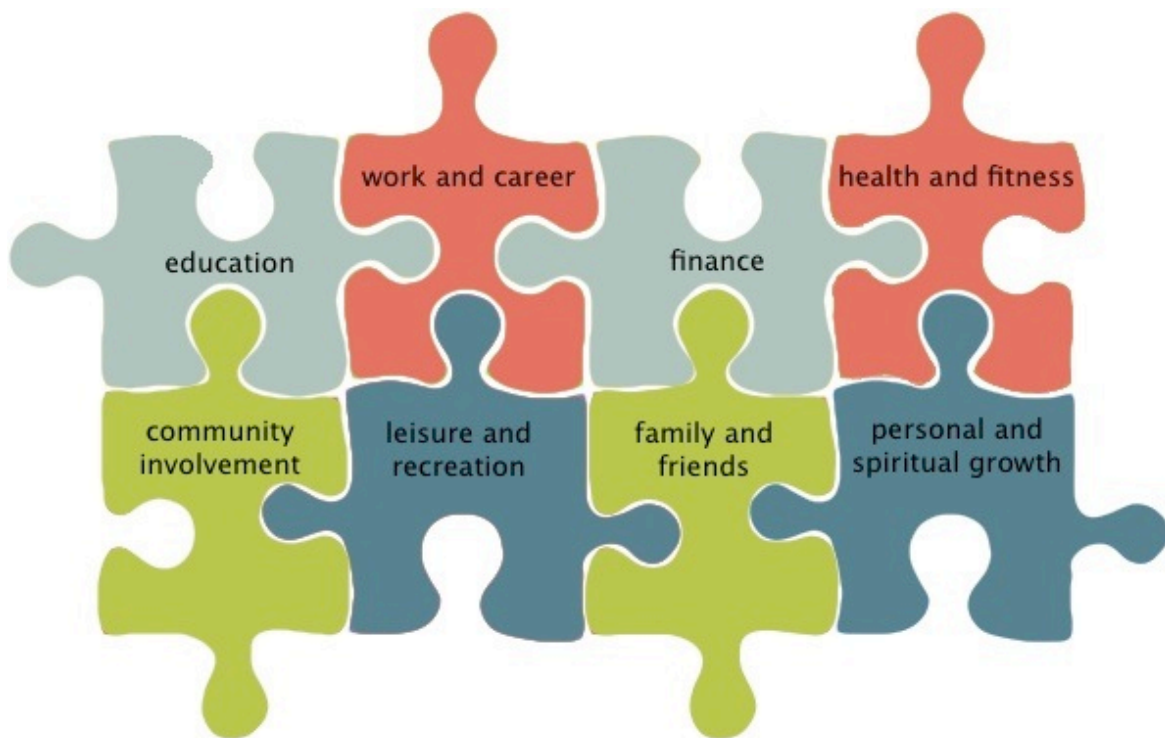
beginning with the whole

Each of us has many dimensions of our lives - arenas in which we have needs, desires and where we invest and spend ourselves through our commitments of time, energy, creativity, money and commitment. The diagram below offers one image of the variety of arenas that each of us has in our own life, and offers a framework for surveying the terrain of your life in the pages that follow.

In the pages that follow you will be invited to reflect on each of these arenas in your own life, noting any wishes you may have related to any of them. Think of these explorations as a process of using a zoom lens to focus on some of the particulars of your life in these eight areas.

Before you do that, however, let's begin with a wide angle lens, by reflecting on some rather large questions related to the overall purpose and direction of your life. Spending just a little time setting this larger overall frame will be helpful later on as you move to prioritize your use of time and resources in the future.

Turn now to pages 6 and 7 to begin this initial piece of work.





declaring your life purpose what difference do you want your life to make? for whom?

Here we invite you to set the larger frame for this exploration by coming up with a sentence that expresses your sense of life purpose.

No problem, right?

Directions

1. Begin by bringing forward any earlier work you may have done around identifying your core values. If you have done such work, take a moment now to review your core values, selecting two or three that you want to keep in mind as you do this work. Note these core values in the space below.

core value:

core value:

core value:

2. Next, if you have done any work identifying your dependable strengths (your unique gifts and skills that you find especially satisfying to use), bring that forward also. Reviewing the work, select two or three of your dependable strengths that you especially want to keep in mind as you do this work. Note these strengths in the space below.

dependable strength:

dependable strength:

dependable strength:

3. Now for the important questions. If you were to imagine looking back on your life at the end of your life, how do you want to be remembered?
 - a. For what qualities?
 - b. For what commitments?
 - c. For making what kind of difference?
 - d. In whose lives?

In the space on page 7, note your responses.

4. Next, take a pass at drafting a brief statement of your *life purpose* - a sentence that ventures declaring what you want your life to be for. Keeping in mind your priority core values and dependable strengths and what you want to be remembered for, in the space provided on page 5, create a draft of that statement.

I most want to be remembered for ...

for what qualities?

for what what commitments?

for what making what kind of difference?

in whose lives?

In whatever life I have, I will do my best to be a person who ...



examining your life arenas focus on leisure and recreation

At this point we invite you to begin a process of exploring eight different areas of your life. As a starting place, the focus will be on your aspirations and goals related to leisure and recreation.

As will be the case in exploring each of the arenas on the following pages, you'll be invited to begin by identifying some aspirations or wishes you have related to this aspect of your life. Then, in a second pass, select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself, "this is important enough to me that I want to begin to think about what it might take to make this happen."

In the top space to the right, identify any and all wishes or aspirations you have that are related to leisure and recreation in your life. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. relax more, read more, find a hobby) or more specific (e.g. take a trip to a specific destination, hike the Appalachian Trail, learn to ride a motorcycle, read a particular book or series.).

Now, looking over the aspirations you've identified, in the space to the right, select three or four that are particularly important to you and that you would like to see happen. These are your goals related leisure and aspiration.

aspirations

goals

1.

2.

3.

4.



examining your life arenas focus on education

Here we invite you to reflect on your aspirations and goals related to education. Once again, you'll be invited to begin by identifying some aspirations or wishes you have related to this aspect of your life. Then, as before, in a second pass select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself, "this is important enough to me to that I want to begin to think about what it might take to make this happen."

In the space to the right, identify any and all wishes or aspirations you have that are related to education in your life. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. continue to learn, take workshops or trainings) or more specific (e.g. take a specific training or course, explore or complete a degree or certification program in a particular area of interest.)

Now, looking over aspirations you've identified, in the space to the right select three or four that are particularly important to you and that you would like to see happen. These are your goals related to education.

aspirations

goals

1.

2.

3.

4.



examining your life arenas focus on family and friends

Here we invite you to reflect on your aspirations and goals related to family and friends. Once again, you'll be invited to begin identifying some aspirations or wishes you have related to this aspect of your life. Then, as before, in a second pass select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself "this is important enough to me that I want to begin to think about what it might take to make this happen."

In the space to the right, identify any and all wishes or aspirations you have that are related to family and friends in your life. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. spend more time with my partner or children, make new friends) or more specific (e.g. schedule a weekly date with my significant other, read a specific book to my children, make plans for a trip to the Grand Canyon with friends).

Now, looking over the aspirations you've identified, in the space to the right select three or four that are particularly important to you and that you would like to see happen. These are your goals related family and friends.

aspirations

goals

- 1.
- 2.
- 3.
- 4.



examining your life arenas focus on health and fitness

Here we invite you to reflect on your aspirations and goals related to health and fitness. Once again, you'll be invited to begin by identifying some aspirations or wishes you have related to this aspect of your life. Then, as before, in a second pass select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself "this is important enough to me that I want to begin to think about what it might take to make this happen."

In the space to the right, identify any and all wishes or aspirations you have that are related to health and fitness in your life. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. work out more frequently, eat better, take better care of my teeth) or more specific (e.g. make appointment with dentist for check-up, work out at YMCA three times a week, quit smoking, lose a specific amount of weight).

Now, looking over the aspirations you've identified, in the space to the right select three or four that are particularly important to you and that you would like to see happen. These are your goals related health and fitness.

aspirations

goals

1.

2.

3.

4.



examining your life arenas

focus on finances

Here we invite you to reflect on your aspirations and goals related to the financial dimension on your life. Once again, you'll be invited to begin by identifying some aspirations or wishes you have related to this aspect of your life. Then, as before, in a second pass select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself, "this is important enough to me that I want to begin to think about what it might take to make this happen."

In the space to the right, identify any and all wishes or aspirations you have that are related to finances in your life. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. earn more money, live more simply) or more specific (e.g. create and implement a plan to eliminate my debt, purchase a new home or vacation home, develop a retirement plan).

Now, looking over the aspirations you've identified, in the space to the right select three or four that are particularly important to you and that you would like to see happen. These are your goals related finances.

aspirations

goals

1.

2.

3.

4.



examining your life arenas focus on personal and spiritual growth

Here we invite you to reflect on your aspirations and goals related to personal and spiritual growth. Once again, you'll be invited to begin by identifying some aspirations or wishes you have related to this aspect of your life. Then, as before, in a second pass select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself, "this is important enough to me that I want to begin to think about what it might take to make this happen."

In the space to the right, identify any and all wishes or aspirations you have that are related to personal and spiritual growth in your life. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. spend more time thinking about my spiritual journey, work to become less insecure or defensive) or more specific (e.g., take a course or workshop on meditation, schedule a retreat, learn to enjoy alone time).

Now, looking over the aspirations you've identified, in the space to the right select three or four that are particularly important to you and that you would like to see happen. These are your goals related to personal and spiritual growth.

aspirations

goals

1.

2.

3.

4.



examining your life arenas

focus on work and career

Here we invite you to reflect on your aspirations and goals related to work and career. Once again, you'll be invited to begin by identifying some aspirations or wishes you have related to this aspect of your life. Then, as before, in a second pass select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself, "this is important enough to me that I want to begin to think about what it might take to make this happen."

In the space to the right, identify any and all wishes or aspirations you have that are related to paid work and career in your life. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. get a promotion, change careers) or more specific (e.g. redesign my job to increase my time working directly with customers, reduce the number of hours I spend at work to half time, increase my salary to a particular amount, learn a particular new job skill.)

Now, looking over the aspirations you've identified, in the space to the right select three or four that are particularly important to you and that you would like to see happen. These are your goals related work and career.

aspirations

goals

1.

2.

3.

4.



examining your life arenas focus on community involvement

Here we invite you to reflect on your aspirations and goals related to community involvement. Once again, you'll be invited to begin by identifying some aspirations or wishes you have related to this aspect of your life. Then, as before, in a second pass select aspirations that are especially important to you and articulate them more specifically as goals. By moving an aspiration into the goal category, you are saying to yourself, "this is important enough to me that I want to begin to think about what it might take to make this happen."

In the space to the right, identify any and all wishes or aspirations you have that are related to community involvement. Don't self-censor. Identify any ideas that appeal to you even if they may seem unrealistic. These aspirations might be quite general (e.g. find the right opportunity for community service) or more specific (e.g. reduce the number of my volunteer commitments, identify opportunities for community service that relate to my paid work, serve on the school committee).

Now, looking over the aspirations you've identified, in the space to the right select three or four that are particularly important to you and that you would like to see happen. These are your goals related community involvement.

aspirations

goals

- 1.
- 2.
- 3.
- 4.

your goals sorting and prioritizing

Now it's time to pull it all together. On this page, we invite you to do two important things: bring forward the most important goals from your reflections on the eight arenas of your life, and sort them into longer and shorter term priorities.

Directions

1. As an important reference point to your prioritizing, begin by revisiting the work you did on pages 6 and 7, particularly your draft *statement of life purpose*. Copy that draft statement into the space below.

life purpose statement

See the invitation to prioritize through the lens of this larger sense of what you want your life to be about, who you want most to serve, the difference you want to make. Ask yourself, "Do the goals that feel like priorities to me help me to fulfill the life purpose I've described?"

2. With this statement in mind, review the goals you identified as part of your work in the eight arenas of your life, circling or underlining those most important to you. Select no more than 6 - 8 of these goals to bring forward, writing them into the spaces provided on the worksheet on page 25.

Note that the worksheet requires that you sort your priority goals into goals that are quite long term, goals that are more medium term, and goals that you want to pursue in the more immediate future.

3. Now, from the 6-8 goals you identified as priorities and sorted into long, medium and short-term categories ... select no more than three of these - your very top priorities, and note them in the space provided at the bottom of page 25. Once again, you are encouraged to keep your *life purpose statement* in mind as you identify these priority goals.

These three goals will serve as the focus for your remaining work this time around.

long-term goals (5-10 years)

-
-
-

medium-term goals (2-5 years)

-
-
-

short-term goals (1-2 years)

-
-
-

priority goals: You can't do everything at once, so of the goals listed above, select the three goals that are most important to you and list them here to the right.

- 1.
- 2.
- 3.

your goals actualizing

To move your goals beyond wishful thinking to reality requires both planning and commitment.

Begin that process in the space to the right with some preliminary thinking around what it will take to realize each of your three priority goals.

goal one:

How will I know I've achieved this goal? What will be different?

What could get in the way of achieving this? (Include ways that you might get in your own way.)

Key Actions Required

Resources I'll Need

Whose help do I need?

Next steps and when they will be taken:

- 1.
- 2.

goal two:

How will I know I've achieved this goal? What will be different?

What could get in the way of achieving this? (Include ways that you might get in your own way.)

Key Actions Required

Resources I'll Need

Whose help do I need?

Next steps and when they will be taken:

- 1.
- 2.

goal three:

How will I know I've achieved this goal? What will be different?

What could get in the way of achieving this? (Include ways that you might get in your own way.)

Key Actions Required

Resources I'll Need

Whose help do I need?

Next steps and when they will be taken:

- 1.
- 2.

ending with the whole seeing specific commitments in context

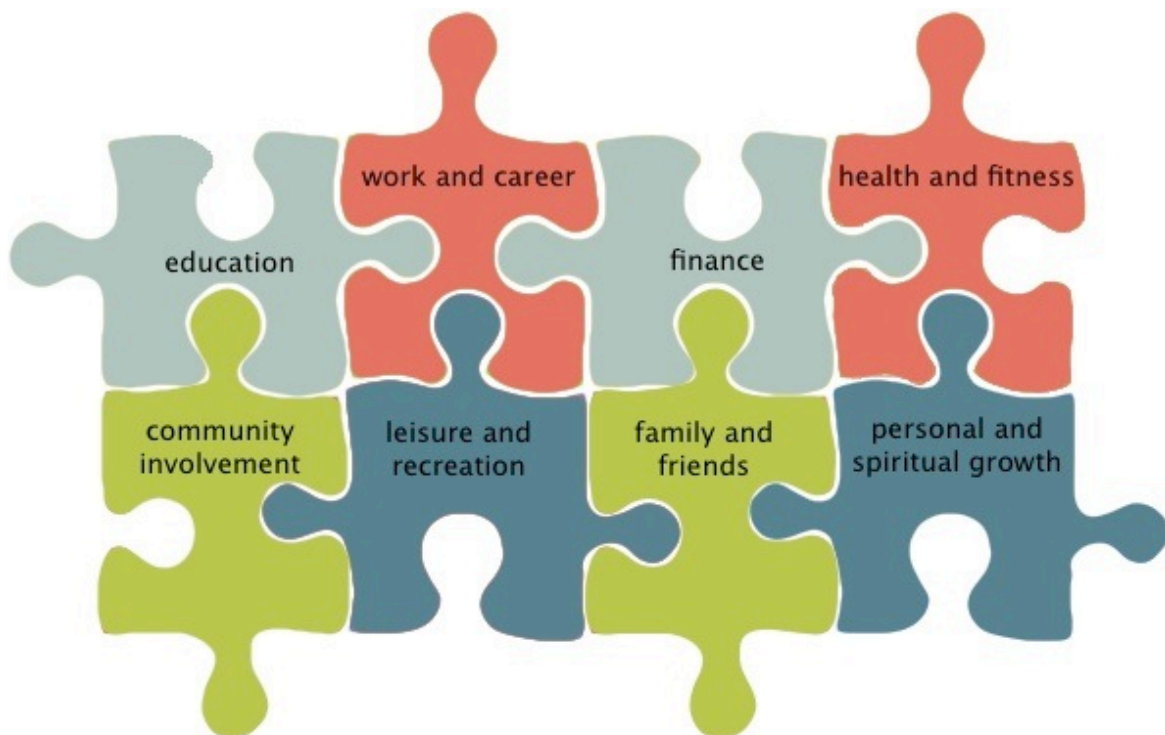
As a way of bringing this work full circle, this last page invites you to locate the specific goals and commitments you have outlined on the previous page within the context of your overall life.

Which of the arenas below will be the focus of your attention during the upcoming weeks and months?

You may want to write your three goals in the space outside of the corresponding arena to the right as a reminder that while you will be devoting particular attention to these areas, these commitments will be unfolding within the context of your overall life and will almost certainly be shaped by these other arenas and will in turn also influence what happens in your larger life.

In the space on page 29, note any reflections that may have emerged as you reflect on your priority goals in light of the context of your overall life.

What, if any, adjustments might you want to make to your goals in light of this?



what did you notice?

what, if any, adjustments might you want to make?

exploring workplace and career connections

If you are using this workbook within the context of your job or workplace, use the space on page 31 to explore the possible connections between your three priority goals and your paid work.

goal one:

In order to pursue this goal, what adjustments or changes might you need to explore in your present job?

Are there ways in which your pursuit of this goal might be integrated into your paid work?

Conversations I may want to have with my employer or co-workers:

goal two:

In order to pursue this goal, what adjustments or changes might you need to explore in your present job?

Are there ways in which your pursuit of this goal might be integrated into your paid work?

Conversations I may want to have with my employer or co-workers:

goal three:

In order to pursue this goal, what adjustments or changes might you need to explore in your present job?

Are there ways in which your pursuit of this goal might be integrated into your paid work?

Conversations I may want to have with my employer or co-workers:

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