

Goal Setting Triggers – A List of Choices

- weight loss, exercise, eating
- financially secure till what age...
- spiritual development
- find a new special interest group
- improve life partner relationship
- lots of fun, laughs, friends, connection
- clarify your life purpose
- business succession
- passive residual income
- workaholic shift to work under 30hrs/wk
- stress free living
- part time income
- create an art piece or music masterpiece
- defend the downtrodden
- design an award-winning building, dress, structure ...
- develop more independent will
- excel in a skill
- feed the hungry
- fight for a cause
- volunteer, service, contribution
- philanthropy, charities, tithing
- to weigh ... pounds by...
- to eat at least 12 nutritious meals each week
- to exercise for 20 minutes 4 times per week
- my ideal job
- to get professional counseling
- to find an ideal caring, humorous good looking partner
- to do something romantic once/week.
- to be earning at least \$___ per month
- to increase our nest egg by \$___ this year
- to buy myself quality clothing
- to pay off my car or mortgage by ...
- to own a new home by ...
- to take at least 3 new courses on (subjects) by (timing).
- to have a ___ week family holiday by ...
- to update my will and power of attorney
- to donate blood every three months
- to connect with my parents at least once/week
- to create a web site or social media presence

- to travel to ...
- to upgrade my computer system with ... by ...
- to read 2 new books each month
- to renovate or paint ...
- to meditate for 15 minutes at least 5 times per week
- to write my memoirs
- to volunteer at my child's school
- to manage my investments or real estate
- to clarify my new spirituality
- to start an at-home business,
- to look after my parents
- to upgrade my technology, Cell phone, etc.
- to create a new business plan
- define what 2 continents to visit
- to forgive myself and others weekly.
- to have my dog be proficient at ...
- to pay off outstanding debts
- to join Toastmasters or a service club
- to cultivate more friendships
- to build up my energy
- to express my life purpose
- define my ideal lifestyle
- to take a course on ...
- define what 2 major cities to visit
- Think bigger than you ever have
- practice retirement projects early
- create a think tank or creativity group
- build up confidence and self esteem
- increase my income by ...
- clarify net worth, budget, or retirement plan
- make a stand for ...
- resolve concerns, challenges, road blocks, worries, etc.
- what if? - divorce, health challenge, market crash, family crisis
- what do you want to be, do and have?
- I dream of doing ...
- what I can do that costs under 5\$
- what addictions need I cut back on?
- have a support group or master mind
- Keep life in balance - money, health, lifestyle, work, relationships, family, spirituality, learning, confidence, leisure, etc.
- adopt a child
- be the best you can be
- become 100% accountable - not a victim

- become a foster parent
- become a team captain
- become the "boss"
- break a world record
- bring joy to others
- care for the environment
- care for your neighbors
- conquer your #1 fear
- identify and live your innate self-expression
- learn a new language
- live in another country
- invent something
- leave a legacy
- love unconditionally
- mentor someone
- nurture a garden
- organize a benefit event
- perform in competitions
- play in a symphony
- protect something endangered
- really BE there for someone
- serve in politics
- speak to large audiences
- support people with their healing
- take a leadership role
- tame strong reactive emotions
- teach wisdom and truth
- write a book
- find a new hobby
- take up a new sport