

The Big Picture Setting Goals

To have a successful life you must first create a picture of what that successful life looks like. By creating this picture, your brain has something to focus on and will automatically begin achieving your idea of success.

You decide what your life will look like when you're 35 years old. Assume you have all the resources you'd ever need. Resources like money, time, employees, transportation, intelligence, energy, & knowledge. You had everything you needed to be successful. Then, consider set goals for four areas of your life:

1. **God-gifts:** What are you doing with your "gifts" at age 35? (Your gifts are your talents, interests & abilities that you were born with. The things that are easy for you to do.) What is your career? Are you working or volunteering your time? Who are you helping? How are you making a difference?
2. **College:** What college did you graduate from? What degree did you earn? Did you earn more than one degree?
3. **Health:** How great is your health at age 35? How much exercise do you do weekly? What kind of exercise? How is your nutrition? Your weight? Are you drinking enough water? What's important to your health goal?
4. **Friends & Family:** What kind of friends do you have at age 35? Does your family live near you? Who do you live with? Are you married? Do you have children?

Now, take each section separately and decide what the best possible picture can be at age 35. For instance:

1. God-Gift: I work at the #1 Boston T.V. Station as a news anchor.

Next, list the steps you took to become that news anchor at the age of 35. List the steps backward, starting from age 35 to your teen years. For instance:

9. Promoted to news commentator at WBOS
8. Worked at Boston T.V. station WBOS
7. Graduated college
6. Summer job at local T.V. station
5. Majored in journalism
4. Accepted into college
3. Made good grades in high school
2. Always loved listening to the news
1. Like to public speak in teen years

Keep going. Create a backward list for #2, #3 & #4.
Now, you know what must you do today to accomplish these long-term goals when you are 35 years old.