



Make It Happen

The Life You've Always Wanted

The future is not some place we are going to, but one we are creating. The paths are not to be found, but made, and the activity of making them, changes both the maker and the destination. John Schaar

Looking back over 2019 ask yourself:

1. What were your achievements, goals or intentions demonstrated the better you?
2. What didn't work so well?
3. What can you learn from all those uplifting achievements?
4. What can you learn from those things that didn't go so well?

List how you celebrated or rewarded yourself for achieving your 2019 achievements, goals or intentions?

My top 5 goals for 2019

1.	
2.	
3.	
4.	
5.	

My rewards ***

1.	
2.	
3.	
4.	
5.	

By way of a self-reminder, what do you want out of life?

E.g. A happy life, a meaningful life, your lifetime dream

(A happy life can be defined as 'feeling good in the moment', a meaningful life can be defined as 'contributing beyond ourselves'. We can be both happy and lead a meaningful life! Research confirms the best path to true happiness lies in a meaningful life.)

List what you would like to achieve in the next five years? i.e. by 2025

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5

Tick the relevant box if your five-year goals fall in line with your life-time dream or 'The Life You've Always Wanted'

Yes. ☐

No. ☐

Imagine yourself in the year 2025, having successfully achieved all your 5-year goals or intentions:

How will you feel? e.g. good, energised, secure, loved, successful, happy, significant, at peace, hopeful, brave etc

What will life look like? e.g. amazing, astounding, wonderful, exciting, promising, stupendous, remarkable, phenomenal etc.

What commendation/s do you hear your internal voice say?

e.g. I made it happen, I've succeeded, I did it, I'm proud, I'm brilliant. I'm a hero etc.

My Intentions & Goals for 2020

Goal 1		Date	
Lines up with my 5-year plan.	Yes <input type="checkbox"/>		
Is it Me? i.e. My identity & meaning	Yes <input type="checkbox"/>		
The resources I may need are?			
On-going evidence to evaluate progress is?			
The values I'm honouring are? *			
Does it line up with my 'Guiding Angels'?**	Yes <input type="checkbox"/>		
Final Evidence looks like?		Date	
My reward ***		Date	

Goal 2		Date	
Lines up with my 5-year plan.	Yes <input type="checkbox"/>		
Is it Me? i.e. My identity & meaning	Yes <input type="checkbox"/>		
The resources I may need are?			
On-going evidence to evaluate progress is?			
The values I'm honouring are? *			
Does it line up with my 'Guiding Angels'?**	Yes <input type="checkbox"/>		
Final Evidence looks like?		Date	
My reward ***		Date	

Goal 3		Date	
Lines up with my 5-year plan.	Yes <input type="checkbox"/>		
Is it Me? i.e. My identity & meaning	Yes <input type="checkbox"/>		
The resources I may need are?			
On-going evidence to evaluate progress is?			
The values I'm honouring are? *			
Does it line up with my 'Guiding Angels'?**	Yes <input type="checkbox"/>		
Final Evidence looks like?		Date	
My reward ***		Date	

Goal 4		Date	
Lines up with my 5-year plan.	Yes <input type="checkbox"/>		
Is it Me? i.e. My identity & meaning	Yes <input type="checkbox"/>		
The resources I may need are?			
On-going evidence to evaluate progress is?			
The values I'm honouring are? *			
Does it line up with my 'Guiding Angels'?**	Yes <input type="checkbox"/>		
Final Evidence looks like?		Date	
My reward ***		Date	

Goal 5		Date	
Lines up with my 5-year plan.	Yes <input type="checkbox"/>		
Is it Me? i.e. My identity & meaning	Yes <input type="checkbox"/>		
The resources I may need are?			
On-going evidence to evaluate progress is?			
The values I'm honouring are? *			
Does it line up with my 'Guiding Angels'?**	Yes <input type="checkbox"/>		
Final Evidence looks like?		Date	
My reward ***		Date	

Values:

Our values define us; they are linked with our identity (and possibly our purpose or meaning in life). Values help us to know what is important to us and to understand why we are motivated to do what we do. Values also increase self-awareness, success in family and work relationships, decisions and goals.

Top 5 Values	The meaning you put to your values

**** Our 'Three Guiding Angels' (being congruent)**

Our three 'Guiding Angels' are the top three areas (including values, people places or things) that are really important or valuable to us. Our 'Guiding Angels' are a beacon for any decision, plan or goal - to keep us on target so we can achieve the life we want, leaving us feeling happy and in harmony with ourselves, i.e. 'Being Congruent' the sense of peace, agreement and harmony within ourselves.

If we choose to disregard our three 'Guiding Angels', we experience a lack of inner agreement or harmony e.g. 'something doesn't feel right', 'something's wrong', 'I've got that niggling feeling', 'I don't feel congruent within myself'.

***** Rewarding yourself is a powerful way to celebrate each of your accomplishments to achieve even more.**

Rewarding ourselves gives us happiness or pleasure and an incentive to achieve our goals.

When we give ourselves an incentive or reward, we feel energized, cared for and that's what makes us feel good, even before we have it! The reward system identifies a target and causes the brain to release dopamine, this makes the brain believe it will get happiness or pleasure from achieving the goal and our brain will start to link pleasure to accomplishing the task, objective or goal.)

'Three Guiding Angels' or ('Being Congruent')

Values:

I have added a suggested list of values for ideas on the next page (long but not exhaustive).

Acceptance	Decisiveness	Honesty
Accountability	Delight	Hope/Fullness
Accuracy	Dependability	Hospitality
Achievement	Determination	Humility
Adaptability	Devotion	Humour
Adventure	Dignity	Imagination
Affection	Diligence	Impartiality
Affective	Directness	Independence
Affirmation	Discipline	Influence
Approachability	Discretion	Integrity
Assertiveness	Diversity	Justice
Attentiveness	Drive	Kindness
Authenticity	Education	Knowledge
Authority	Effectiveness	Laughter
Autonomy	Efficiency	Leadership
Availability	Empathy	Learning
Awareness	Empowering	Love
Balance	Encouragement	Loyalty
Beauty	Endurance	Meaningful work
Belonging	Energy	Meekness
Boldness	Enjoyment	Nature
Bravery	Enthusiasm	Non-judgemental
Calmness	Environment	Obedience
Capability	Ethical	Optimism
Carefulness	Excellent	Order
Caring	Excitement	Pace
Certainty	Expertise	Pleasure
Challenging	Exuberance	Popularity
Change	Fairness	Positiveness
Cheerfulness	Faith	Power
Citizenship	Faithfulness	Rapport
Clear mindedness	Frame	Reason
Clever	Family	Recognition
Collaborative	Fitness	Reputation
Connection	Flexibility	Respect
Comfort	Forgiveness	Responsibility
Communication	Freedom	Security
Community	Fun	Self-respect
Compassion	Generosity	Sincerity
Confidentiality	Good attitudes	Spirituality
Congruence	Gratitude	Stability
Consistency	Greatness	Significance
Contribution	Grounded	Success
Control	Growth	Teachable
Conviction	Happiness	Tolerance
Cooperation	Hard work	Trust
Courage	Harmony	Truthful
Creativity	Health	Wisdom
Curiosity	Helpfulness	Variety