



R.E.A.L. GoalSM: Finding Your Purpose (Realistic, Easy, Attainable, Life Goals)

Example: I will spend 30 minutes a week exploring my interests and values aimed at helping me find or strengthen my purpose.

The benefits:

Individuals who have a sense of purpose and a sense of what is inside of their control vs. outside of their control tend to live longer. When you feel that you have a purpose, you are more likely to live each day to the fullest because you know who you are, where you're coming from, and where you are going.

Quick tips:

- Answer thought-provoking questions about yourself.
 - What were you passionate about as a child?
 - If you didn't have a job, how would you choose to fill those hours?
 - What makes you forget about the world around you?
 - What issues do you hold close to your heart?
 - What is on your bucket list?
 - If you have a dream, how could you make it happen?
- Explore your interests.
 - What's something you've always wanted to do, but haven't yet?
- Explore your values.
 - Identify your top six values
 - Self-assess how you are currently living your life. What areas need more attention and where are you thriving?
- Discover what you love to do.
- Is there a new class or hobby you would like to try? Donate your time or talent.
 - What's a cause you care about?
- Surround yourself with people that support you.
 - Ask people you respect what skills/attributes they see in you.
- Set goals; this will give you a purpose to work towards each day.

THINGS TO THINK ABOUT:

- What negative or limiting beliefs have stopped you from your purpose until now?
(Cross out each of these beliefs and write "FALSE" next to each one. It's fun)
- Make a list next to these why they are not true.
- Start designing a plan that is playful and creative about what you want to accomplish, do, be, or your new purpose.

CUTTING OUT THE EXCUSES

Excuse #1: I don't have the time.

THE OPPORTUNITY COST OF WASTING YOUR TIME

Today's Unconscious Cost	Total Time Spent Per Year	What you Could've Accomplished Instead
30 minutes a day playing around on your phone/social media	182.5 hours/ year or 22 full 8-hour workdays	Build a brand-new website Learned how to mediate Uninterrupted play with your child/connection to a friend/loved one
60 minutes a day on news, emails, celebrity gossip	365 hours a year or 45 full 8-hour workdays	Written a first draft of a book Launched a new revenue stream Secure a raise or made a career change Volunteer
90 minutes a day watching TV	547.5 hours a year or 68 full 8-hour workdays	Learned to speak a Finished your degree Launched a profitable side business

Excuse #2: I don't have the money.

- Spend less
- Sell items you no longer use
- Scholarships/Grants
- Side jobs
- Explore opportunities that do not cost money.

Excuse #3: I don't know how/I don't know where to start.

- With the internet you can learn any skill anytime.
- Turn your insight into action:
 - o Think of time you didn't think you knew how to do something, or didn't have time, and made it happen.....
 - o What is the most important goal you want to achieve or figure out?

CHALLENGE YOUR EXCUSES:

- Write them down
- Cross them off and write why each excuse is not valid. What are you willing to say, do or think to eliminate the excuse?
- Track your time for 7 days and see where you are spending your most precious time.
- Evaluate your goal – how important is it? If it is not a priority, take the opportunity to find something that is.

MOVING FORWARD:

- What do you want to do? Or accomplish. Write it down. What is the worst-case scenario if you moved forward? Write it down.
- Review your worst-case scenario and write down how you could recover or rebuild if it happened.
- Now flip it. What is the best-case scenario? What are the payoffs? Write them all down.

DEFINE YOUR DREAM OR PURPOSE

Step 1: List your top one-year dreams

Step 2: Get real about your dream or purpose

- Review your list, what makes your heart jump. What are you drawn to?

Step 3: Chose one from the list

Step 4: Make it Specific, Measurable, and Actionable

- For example - Find a new career becomes register for a photography workshop

Step 5: Determine your next three steps and get started

- Three simple actions you can take to get close to your dream/purpose.

Check these websites and links for more ideas

- [Greater Good Magazine: How to find your purpose in life](#)
- Ted Talk: [Find your Purpose at Work Katie McNerney](#)

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)