



START



“Plans are worthless, but planning is everything.”

Dwight D. Eisenhower

Today we are going to take a whirlwind trip through your preferences, one list at a time. Don't worry if you can't finish them all in the time allotted.

Instead, use the time limitation to your advantage by telling the parts of your brain that worry about what other people think, whether you know exactly how you will do an item, or whatever you worry about that you quite literally don't have time for that right now!

We'll work on the *how* another time. Promise.

For now, think big, and then think bigger. Make sure that you aren't standing in your own way by talking yourself out of the big dreams you come up with.

Ready? Let's go!

23 Topics

Create a list of 23 answers for as many topics as you have time to cover. The only rule: **Don't self-limit!** Also, remember this is neither a spelling test nor a penmanship exam, so as long as you know what you're writing, you're good!

1. Places you want to visit
2. Life event goals
3. Personal qualities you want to embody
4. Skills you want to master
5. Hobbies you want to pursue
6. Values you want to uphold
7. Happiness goals
8. Health goals
9. Financial goals
10. Questions you want to answer
11. Topics you want to study
12. Careers you want to consider
13. Things you want to change about the world
14. Aspects of your legacy
15. Books you want to read
16. People you want to keep in touch with as you grow up
17. Traditions you want to develop / continue
18. Things you want to try at least once
19. Things you wonder about
20. Qualities you look for in friends
21. Places you'd like to work
22. Your personal rules to live by
23. Things you love to do

More brains makes for better lists, so if you want, share your lists, as others might have great answers that you want to add to your own!



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