

2014 Starting Well Challenge - Day 2 Worksheet

Today is about learning to stretch yourself and your ability to dream up the goals, projects, and outcomes you'd love to see happen this year.

Dream Big. Don't Edit

Goals, Projects, Outcomes

Action Item (15-30 Minutes):

Create a list of projects, goals, dreams, and outcomes you'd like to see in 2014 (or beyond).

Suggested approach:

1. Set a timer for 15 minutes (but feel free to go over that time)
2. Use the Day 2 Worksheet or a journal and write them all down (we'll talk about logging them electronically later, but today is more about intuition, not analysis).
3. Use bullets. Just click goals and projects off, brainstorm style.
4. If you run out of steam in 5 minutes, just sit in the discomfort until you think of something else. Use the prompts.

Don't stop!!! Keep Listing....

Prompts and Ideas (should you need them):

- Doing a backyard renovation
- The 50% increase in sales revenue
- Developing a more vital spiritual life
- Volunteering for a charity
- Losing 50 lbs
- Running a marathon
- Decluttering the garage and keeping it that way
- Writing a novel
- More patience as a parent
- Better communication in marriage
- Taking a photography (or painting or writing) class
- Have you ever said, 'I've always wanted to do _____':
- What did you talk about doing 'someday' in college or high school?
- What talent do you want to be courageous with this year?
- Where do you want to go?

Great Work!

You've completed Day 2 of the 2014 Starting Well Challenge.

**email me at brett.cohrs@gmail.com if you have any questions, comments, or feedback.