

# REVERSE ENGINEERING GOALS



## STEP ONE

**Develop a list of everything you can think of that creates joy for you.** Small, medium and large joy, but the key is it must be something that makes you smile, feel happy, or feel greatly contented.

This might be coconut pie ice cream, a day trip to the zoo, walking with your toes in the sand and surf, a baby's smiles, a Louis Vuitton purse, a brand new planner, a new car, popcorn and a movie, a Venti chocolate mocha, fresh baked cookies, a deluxe mani/pedi, walking in the rain with no umbrella, skiing in Switzerland, spending an hour in prayer or meditation. You get the idea- you get to decide what makes the list!

## STEP TWO

**Create a list of things you would like to do or become.**

This might be learning something new, like playing the piano, or podcasting. It could be finishing a degree, running a marathon, snagging that new corporate gig, or hosting a meetup. It could be public speaking to a group, losing your last 10 pounds, winning at Texas Hold'em, getting your teaching certificate, hiking a very tall mountain or staying up past 8 pm for one week solid! The point is, it's something YOU want to do or become.

## STEP THREE

**Match up** one of the rewards you listed with each new thing you'd like to do or become.

## STEP FOUR

**Choose at least one** thing from your matched list to become the first goal you will set. Write it down and give it a due date.

## STEP FIVE

Begin to take daily action toward achieving your goal, even if the action is simply to read it and envision yourself accomplishing it and celebrating with your reward.

Someone wise once said, "Begin with the end in mind." So do that! Begin with the rewards that have meaning to you, that will delight you, and then attach them to the goals you write for yourself.

**Now go have yourself some fun with your goals!**