



MATERIAL GOALS

CONTRIBUTION GOALS

OTHER GOALS

HOW TO USE THIS GOAL REALISATION BOARD

- Make a list of your goals and dreams. Make the list as big as you can.
- Place each goal on the above chart on the place where you feel it is most appropriate.
- Represent your goals in a way that best takes you to a feeling of already having achieved it.
- You can use hand written or printed text, pictures, symbols, attach items, things to touch, smell, taste or whatever works best for you. Use your imagination and engage your senses.
- Private goals can be neglected if you don't include them above. Make sure you prompt yourself in some way to give them at least the same attention.