

# Pondering Point

Daydreaming about the future can be fun AND productive! With a little work on goal setting, you can turn your thoughts of an ideal future into visions of reality. These goals will help you plan for where you would like to go in life. The first step is making this plan – everything else comes later.

Here are some things to keep in mind, while making this plan.

**Self Reflect** - Self reflection is a part of finding out where you are going based on who you are. Your own life provides valuable insight into your journey.

**Take Charge** - Although some experiences in life will happen on their own, there is no rule that says that you cannot create the majority of these opportunities for yourself! Put these into your plan.

**Be Flexible** - When going down this path, remember to leave room for flexibility as change and unexpected circumstances will come up.

**Focus** - Keeping your “eye on the prize” will help to keep your goal setting on track.

**Be Happy** - Setting these goals plays a huge part in our Happiness factor. See the fruits of your labor by living the life you are happy to live, and celebrating the steps you took along the way!

## How do you WANT to live?

*What would you do if you knew you wouldn't fail?*



**Imagine... setting yourself up to live the life that makes you happy.**

### — From Pondering to Practice —

#### **Activity**

Share your plan (or ideal future) with another person that cares about you and your success.

- What kind of feedback do you receive?
- How can they help you with these goals?
- How can they hold you accountable?

Remember while setting your goals to identify milestones to celebrate along the way. These celebrations can be done intrinsically for yourself and even with the recognition of the person(s) you have identified. The important thing is to realize your success and take the time to feel good about it.

***"For me, goals are my road map to the life I want. They have helped me accomplish things I once thought were impossible."***

- Catherine Pulsifer, author & glass artist

#### **Self Reflection Activity**

***"If you don't know where you're going any road will take you there."*** – Cheshire Cat (Alice in Wonderland)

It helps to know who you are – to know where you want to go.

- What are your values?
- What is important to you?
- What are you doing NOW that focuses on this?
- What is standing in your way?
- What else can you do to move forward?

...And to ponder a bit more, here are some additional questions for you to consider.

- How can you combine your professional goals with your personal goals?
- What does this look like?
- How far would you go with this plan before you switch to plan B?
- Where are your compromises? Are they worth it?