

Be, Do, Have Activity

Through this activity, you are going to explore everything that you want to be, do or have. This will help you to set short, medium and long-term goals with actions to achieve them.

Please devote ample **thinking time** to each stage highlighted below in order to get the most from it.

Stage 1

Make 3 columns on a sheet of paper, and title them Be, Do and Have. Write down all the things that you want to BE, DO or HAVE in your life. This may take some time to think through, and you can always revisit it later. Be honest with yourself, and remember there are no right or wrong answers as this is about YOU and what you want, nobody else.

Stage 2

Write in one brief sentence why you want to BE, DO, and HAVE each item on your list. If you can't do this with any of them, cross them off your list.

Stage 3

Decide the most important areas of your life – for example...

- Family
- Friends
- Career/Work
- Financial
- Health & Vitality
- Emotional well-being
- Social life
- Fun & recreation
- Physical environment (where and how you are living and your surroundings)
- Spiritual life

Add, change, or delete items on this list to include all the areas of life that are important to you. Define what success means to you in each of the life areas you have identified. What do you want it to look like?

Stage 4

Take each of your answers you wrote down in the columns in turn (your goals), and ask the question: 'Will being, doing or having this thing improve the areas of my life that I deem important?' Give one mark for each **Yes** answer.

Stage 5

For each of your goals, ask if it is right and fair to everyone in your sphere of influence and concern and if it will take you closer to your overall objective.

Stage 6

Put your goals in order. Take your top 10 goals. These are the ones that you are going to work on first.

- Define your goals into 4 main groups:
 - Ongoing goals needing daily input
 - Short-term goals to achieve within a week to a month
 - Medium-term goals that may take between a month and a year
 - Long-term goals that may take longer than a year.

Stage 7

For each of the goals on the list, expand your WHY. Explain to yourself fully why you want to have this goal and what it will mean to you. Write this down.

Stage 8

Take each goal in turn and make 2 'to do' lists for each to show:

- What you are *prepared to do* to achieve it
- What you will *need to do* to achieve it.

Stage 9

Make a list of:

- The people you need to work with, or the people who can help you
- The skills you might need to develop
- The actions you need to take
- What you need to learn
- What you need to understand

Stage 10

Finally, complete the rocking-chair test. Take yourself out into the future as age 82. Imagine the wonderful life you have designed for yourself. Visualise it. Immerse yourself in it. Fully associate with this.

Write down the story of your incredible life, the amazing things you've done, fantastic things you've seen, the people you have touched and the changes you have made in your own life.

Place your goals with their action points, within a time-frame. Put a start and finish date on them. Remember - a goal is a dream with a date!

You should now have an action plan to get that amazing life you want!
It's down to you to implement it.

GOOD LUCK!

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