

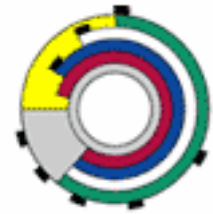
PEAK READINESS ACTIVITY 6: Decide what to do today

Set goals to move in the direction of your future

You've created a picture of the future you want. How do you make progress and stay focused? What steps do you take to move toward the life and the rewards you want?

In this activity you'll:

- Write about what a balanced life means to you.
- Pick the lifestyle you want for yourself.
- Decide action you can take now and set goals.
- Sign the 'Contract to Myself' on the Certificate of Completion



True Life Chart

To complete this Learning Activity, you will need the online or printed True Life Chart. Find the printed Chart or open the interactive version on your computer.

Consider: what's a balanced life?

Study the four white boxes on the True Life Chart and transfer the information into the spaces below. These are topics you'll need to consider to have a balanced life. Give a brief explanation of what each topic means to you.

Financial Commitments

Personal Commitments

Physical Health

Mental Health

Decide your preferred lifestyle You are at a point where you can make clear choices about your education, career, income, and lifestyle. Deciding what you want and committing to it will give you more power to direct your actions with confidence.

Choose the colored circle from the True Life Chart that best represents the education and lifestyle you want. This choice is statement about who you are and where you're going.

MY COLORED LIFESTYLE CIRCLE IS:

MY REASONS FOR THIS CHOICE:

What will you do RIGHT NOW?

Great! You have set your intention for your life. Now, write about the following: **What can I do, or change, right now to help me begin to reach my dreams?** Write down three steps you can take: today, in 3 months, and in the next year. Then you'll have three goals to focus on.

(Examples: Change my attitude, Go to class, Graduate, Get my degree, Get a job, Believe in myself, Watch someone work at the things I would like to do, Read a book on what I'd like to do.)

Goal Number One - TODAY:

Goal Number Two - 3 Months:

Goal Number Three - One Year:

Journal - Setting goals, making commitments

In the space below, write some personal notes on your plans and goals. What do you REALLY want in life? What will YOU DO NOW to make it happen? How important is this to you?



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