**Be Do Have Activity**

**We are going to explore everything that you want to BE, DO and HAVE!**

This will assist you to set short, medium and long-term goals to live the life you want to and make the changes that will make you happier and fulfilled.

Exciting isn’t it?

*TIP: Try not to overthink things, as this will end up just delaying you/causing procrastination, read the question and answer what immediately comes into your mind.*

**STAGE 1**

In the left column, write down all the things that you want to BE, DO or HAVE (Feel free to add more rows to the table). Don’t fill out the right column ‘WHY?’ yet, that’s the next step once you’ve finished filling out the left column.

**Who do you want to BE?** Here are some examples:

• Fulfilled by work

• Connected to friends & family

• Financially secure

• Respectful of others

• Healthy

• Generous with time & talents

|  |  |
| --- | --- |
| **I WANT TO BE….** | **WHY?** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What do you want to DO?**

If it helps, think of how you would like to be described. What do you want your life to represent? How do you want to be remembered? What do you want to be Doing? Remember your list of things that each week will involve… How would you like to be spending your time?

• Each day?

• Each month?

• Each year?

|  |  |
| --- | --- |
| **I WANT TO DO….** | **WHY?** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What do you really need or want to HAVE in your life?** What do you need to have in your life to feel at your best?

Include:

• People

• Lifestyle

• Possessions

• Income

|  |  |
| --- | --- |
| **I WANT TO HAVE….** | **WHY?** |
|  |  |
|  |   |
|  |  |
|  |  |
|  |  |
|  |  |

**STAGE 2**

In the right column of the above 3 tables, write in one brief sentence why you want to BE, DO, HAVE each item on your list. If you can’t think of your why or reason for doing one of the items, then cross them off your list!

**STAGE 3**

Referring to your values: Decide the 5 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

Choose the 5 areas of life that are the most important to you. Define what success means to you in each of the life areas you have identified.

**STAGE 4**

Take each of your ‘goals’ in turn and ask the question: Will having, being or doing this thing improve the areas of my life that I deem are important? Give one mark for each Yes answer.

**STAGE 5**

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:

1. Ongoing goals needing daily input
2. Short-term goals to achieve within a week to a month
3. Medium-term goals that may take between a month and a year
4. Long-term goals that may take longer than a year.

**STAGE 6**

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. Why you want something defines the essence of what you want. Having a clear WHY will mean that you will achieve your goal when you encounter obstacles, barriers and resistance.

**STAGE 7**

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 8**

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 9**

The ‘rocking-chair test’. Take yourself into the future as age 82. Imagine a wonderful life you have designed for yourself. Visualise it. Fully associate with this. Write down the story of your incredible life, the amazing things you’ve done, fantastic things you’ve achieved and the people you have shared it with.

|||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||

**THAT’S IT!** You should now have your plan and clear goals for 2020 and beyond!

Make sure you write your final plan somewhere where you can see it often to inspire you and keep you on track.

***If you need accountability to ensure you hit your goals and make things happen for you in 2020, why not join my supportive accountability programme?***

>>[CLICK HERE FOR MORE DETAILS](https://louisedockery.com/make-it-happen)<<

I’d love to help and support you!

If you have any questions, please don’t hesitate to reach out by emailing me at louise@louisedockery.com

Louise x