

A COACHING MASTERCLASS ON

BALANCING LIFE DOMAINS



WORKBOOK

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PositivePsychology.com B.V.
Gandhiplein 16
6229HN MAASTRICHT
The Netherlands

<https://PositivePsychology.com>



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■ YOUR MOST IMPORTANT LIFE DOMAINS

Here, we are focusing on the different domains in your life. Examples of life domains include Money & Finance, Career & Work, Health & Fitness, Fun & Recreation, Environment, Community, Family & Friends, Partner & Love and Growth & Learning. List the most important domains in your life. List up to 10 different domains.

Domain #1	
Domain #2	
Domain #3	
Domain #4	
Domain #5	
Domain #6	
Domain #7	
Domain #8	
Domain #9	
Domain #10	

■ LIFE DOMAIN DIAGRAMS

Although values, by their very definition, are considered to be important (e.g., exercising, spending time with children), the behavior of clients is often not consistent with their values (e.g., spending more hours in front of the television, working during the evening hours, etc.). To decrease the discrepancy between values and actual valued living, it is important to create awareness of this discrepancy in the first place. This exercise can be used to visually represent this discrepancy and offer an effective starting point for designing interventions to decrease the gap between values and value-driven behavior.

▶ GOAL

The goal of this exercise is to create awareness of the discrepancy between the values of a client and the extent to which the client lives in line with his or her values. This tool assesses the time clients devote to valued (and less important) life domains and the time they wish to devote to these domains.

▶ ADVICE

- In essence, this exercise is similar to the Valued Living Questionnaire (VLQ). Both tools assess the discrepancy between the current and ideal life in terms of valued living. However, whereas the VLQ includes only predefined valued areas in life, this tool allows the client to use his/her selected set of values. This exercise often requires more time to complete, but it is a more personal reflection of one's ability to live in line with one's values. It is advisable to create a copy of this exercise for clients to use it as a reminder or as a tool to start a discussion at home.

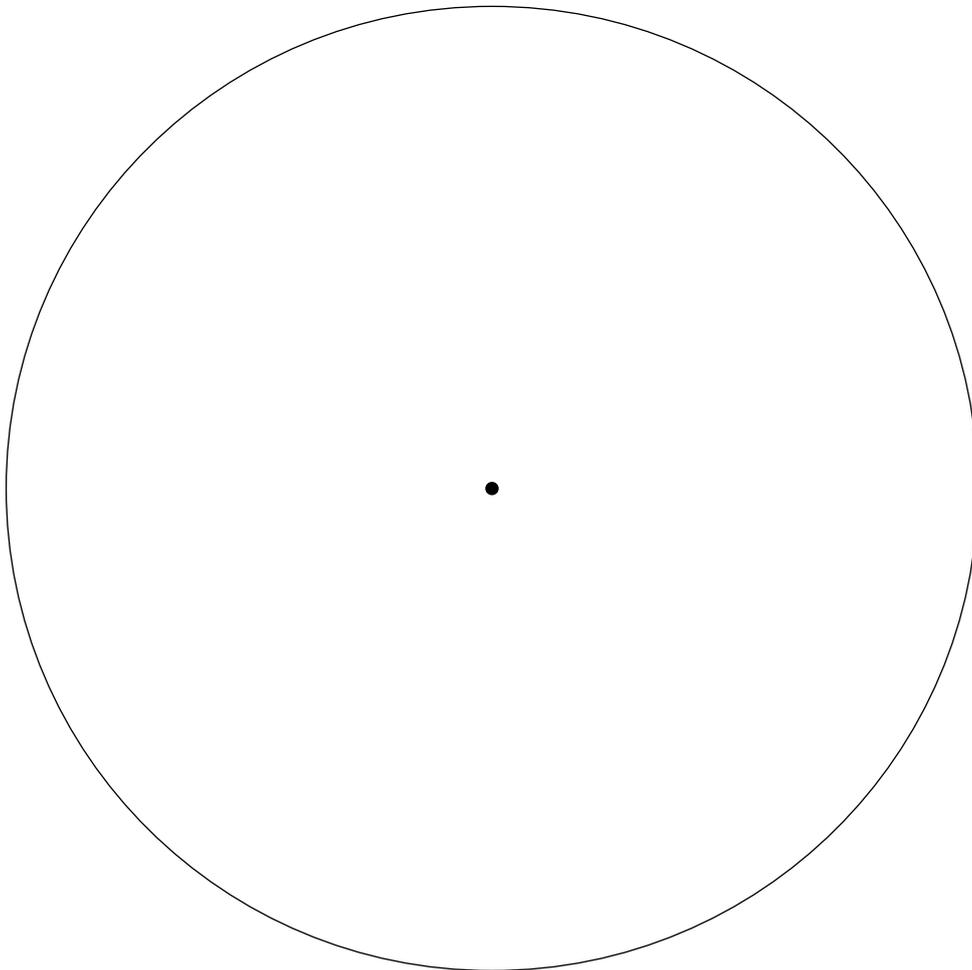
▶ REFERENCES

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► INSTRUCTIONS

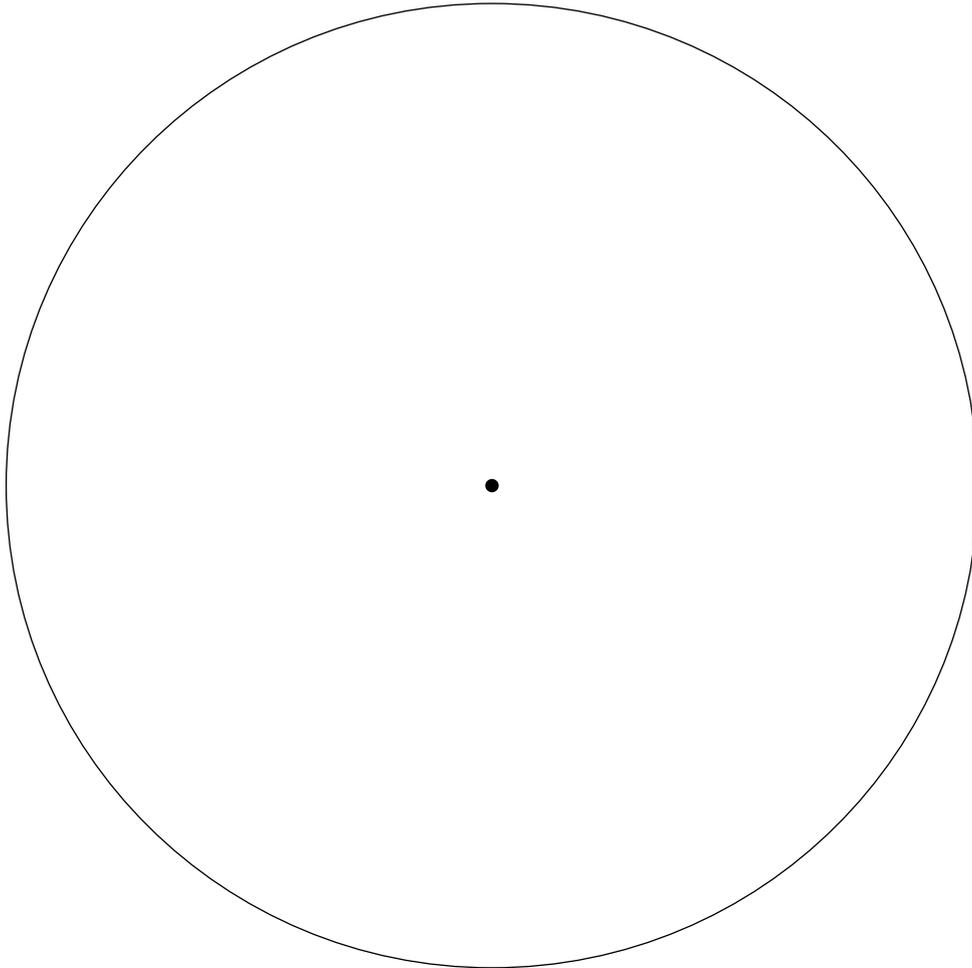
Part 1: Divide the circle below into slices, each representing the amount of time you spend on different elements or areas of your life. The larger the slice, the more time you spend on that area. Typical areas of life include Immediate Family, Community, Neighborhood, Extended Family, Spirituality, Work, Fun & Recreation, Creativity, Personal Development, Goals & Values, Romance & Love, Volunteering, Money, and Health & Exercise. Feel free to add or remove any of the above items.

This represents your **Current Life**.



Part 2: Now complete the same exercise but, using the second circle below, think about where you would want to spend your time. What makes you happy? What gives you peace of mind?

This represents your **Ideal Life**.



Part 3: Take some time to reflect on the following questions as a form of self-evaluation:

1. What's the difference between your current versus ideal circle?
2. Did you notice any inconsistencies?
3. What prevents you from taking action to make your "current life" closer to your "ideal life"? Are there internal or external barriers? Which barrier is the biggest one for you to overcome right now?
4. How could you align your life with your true priorities? It takes changing and reframing habits to change your life. What small and manageable new practices could you implement to work towards your ideal values circle?

To help you get closer to your ideal, make copies of your ideal wheel and hang it in a place you will see every day. Seeing your ideal wheel regularly will remind you and help you make values-based decisions daily.

■ THE WHEEL OF LIFE

Subjective well-being involves different components: life satisfaction (global judgments of one's life), satisfaction with important life domains (e.g., recreation), positive affect (experiencing pleasant emotions and moods), and low levels of negative affect (experiencing few unpleasant emotions and moods) (Diener, 2000).

"The Wheel of Life" is a frequently used tool to address a client's satisfaction with important life domains (Dean, 2004; Whitworth, Kimsey-House, & Sandahl, 1998). This tool requires that the client first identifies specific life domains (career development, relationships, leisure time, etc.) and then rates these domains on a scale of one to ten (from 'not at all satisfied' to 'completely satisfied'). After rating one's domains, opportunities to increase satisfaction in each domain are discussed.

► GOAL

The goal of this tool is to assess the client's perceived satisfaction/dissatisfaction with the different domains of life. Practitioners typically use this tool with clients in the discovery session to gauge a client's sense of life fulfillment.

► ADVICE

- This exercise can be used to clarify priorities for goal-setting, allowing the client to reflect on their current life and approximate it to their desired life, increasing the balance between the different life domains. Note that it is important first to understand what "balance" looks like for the client before trying to make this determination based on the results of this exercise. Not everyone is going to want different domains to be in perfect balance. It all depends on the client's values.
- Note that the wheel does not necessarily reflect "balance." Most often, the wheel is a firm reminder of how "unbalanced" a client's life is. Therefore, this exercise may inform clients about any gap between perceived "balance" and reality.
- The Wheel of Life is not a picture of the past. It is a snapshot taken at the moment, and because of this, it is subject to change. The wheel provides the client with information about the "now," and the practitioner may use it to point out the gaps between what is true today and what the client wants for the future.
- When used regularly, this tool is an excellent way to help your clients see how far they have come. Repeated measures allow clients to monitor their progress in perceived life balance. Periodic balance checks can highlight useful patterns and facilitate behavior change.

- A client may also ask someone who knows him/her well to complete the scores for them. At times, it may be helpful for a client to understand an outsider's perspective. Preferably, this is someone who the client trusts and whose opinion the client values.
- When clients are unsatisfied with specific life domains, they may want to improve their satisfaction with these domains. Especially for perfectionistic clients, the awareness of low levels of satisfaction may automatically trigger a need to increase them. However, setting unrealistic goals is likely to cause frustration and lower well-being. For instance, several studies have shown that when people have idealized positive fantasies, their motivation and energy to achieve these goals dramatically decrease (e.g., Kappes & Oettingen, 2011). The practitioner should assist the client in setting reasonable targets to improve well-being. Instead of motivating them to work toward a 10, the practitioner should help clients shift the focus from being the best to simply being better, offering them permission to strive without the burden of emotional self-flagellation. A solution-focused strategy may work well here. For example, if a client rates his/her relationship satisfaction with his/her spouse a 5, the practitioner could ask: "What could you do this week to move your 5 up to a 6?"
- This tool can also be used in a group setting. Group members may be asked to complete the exercise before attending the first session and to repeat the exercise during the program. Repeating the exercise will allow group members to acknowledge both the changes that they are making and the growth that they are experiencing. Alternatively, the "life domains" may be replaced with "group values" (e.g., collaboration, honesty, etc.). In this version of the tool, the wheel can serve as a tool to monitor the extent to which the group behaves in line with group values.

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► INSTRUCTIONS (VERSION 1: PRE-DEFINED LIFE DOMAINS)

Step 1

Inform the client that The Wheel of Life allows you both to get a snapshot of how satisfied the client is with his/her life. In this version of the exercise, there are ten pre-defined domains on the wheel:

- Money & Finance
- Career & Work
- Health & Fitness
- Fun & Recreation
- Environment
- Community
- Family & Friends
- Partner & Love
- Growth & Learning
- Spirituality

Step 2

Ask the client to rate his/her level of satisfaction with each of the domains using the wheel on p. 17 (Fig. 1). A score of 1 indicates that you are not satisfied, and a score of 10 means you are highly satisfied.

Step 3

After the client has rated each of the domains, ask him/her to connect the lines to form an inner wheel. This gives the client an overview of the level of satisfaction with his/her life. For an example of a completed wheel, see Fig. 3 on p. 22.

Step 4

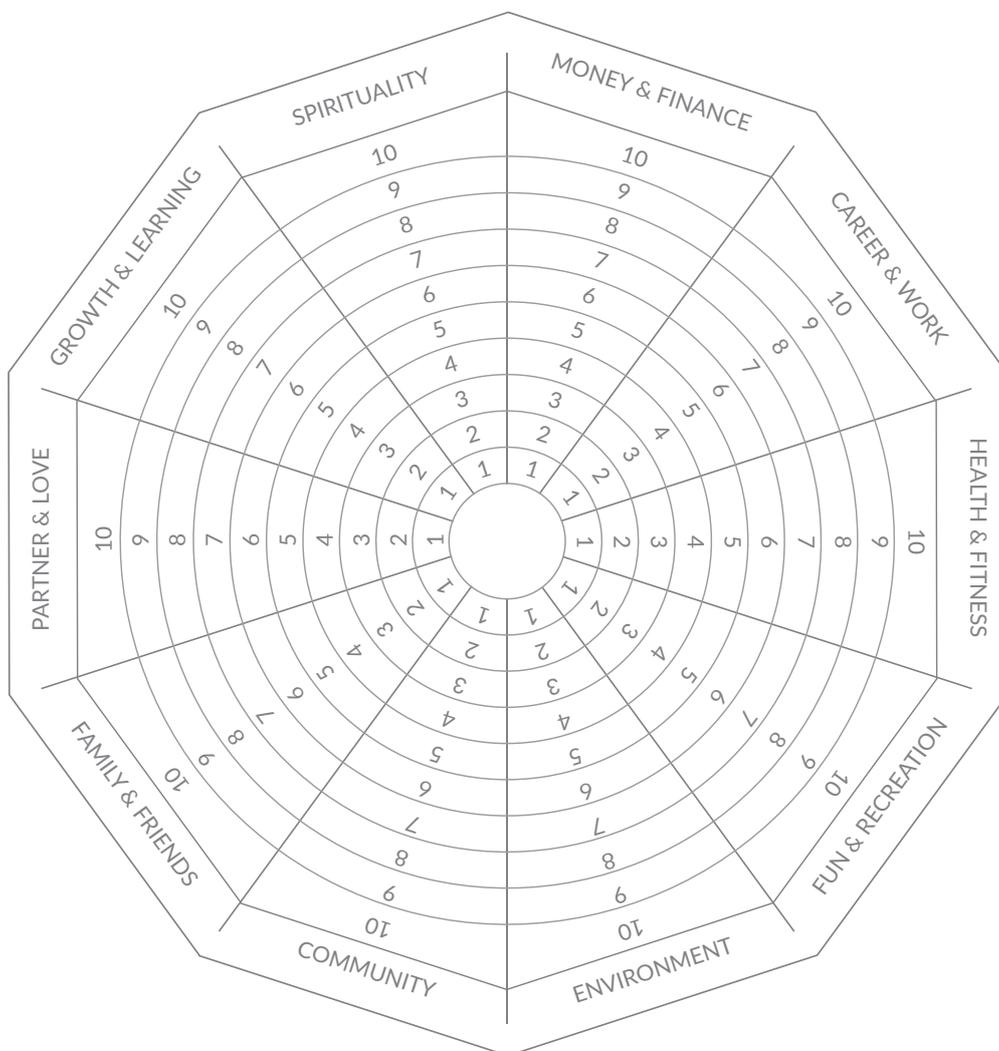
Discuss with the client how he/she would want to change the shape of the inner wheel. Which domains draw your attention?

Step 5

Once a domain is selected, proceed with the following questions:

- Why does this domain need attention?
- What would it take to raise your satisfaction by one score in this domain?
- What can you do to raise your satisfaction in this domain?

Fig. 1. The Wheel of Life with pre-defined life domains



► INSTRUCTIONS (VERSION 2: SELF-DEFINED LIFE DOMAINS)

Step 1

Inform the client that The Wheel of Life allows you both to get a snapshot of how satisfied the client is with his/her life. The client is invited to choose up to 10 categories to reflect different domains of his/her life. The practitioner may offer examples of life areas to help the client get started. Define the chosen life domains, including a brief description per domain below.

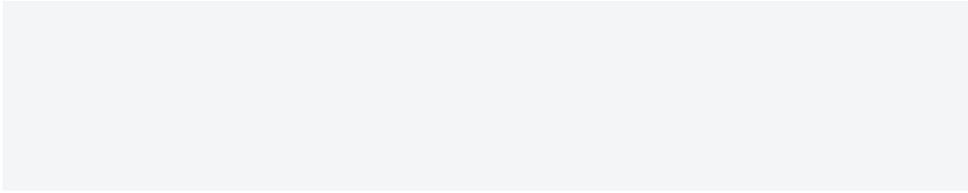
Life Domain 1:

Life Domain 2:

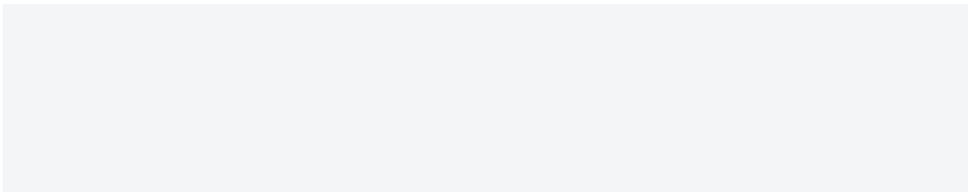
Life Domain 3:

Life Domain 4:

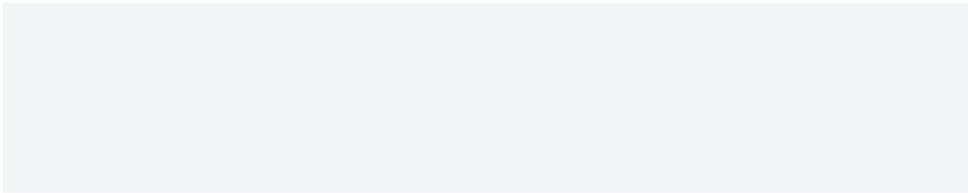
Life Domain 5:



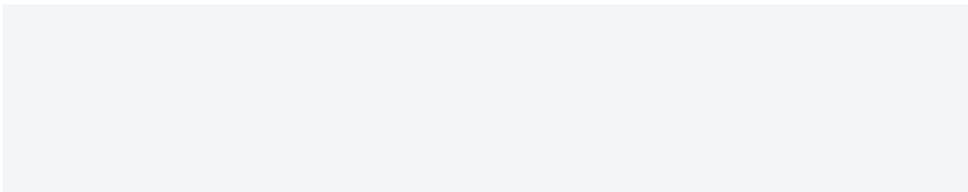
Life Domain 6:



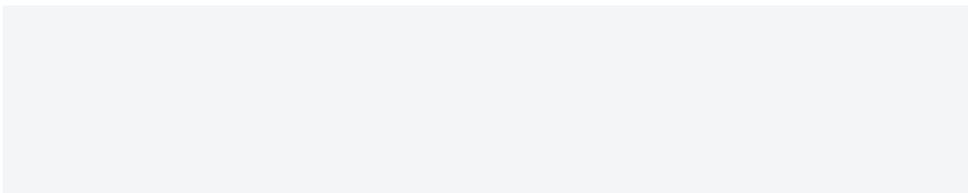
Life Domain 7:



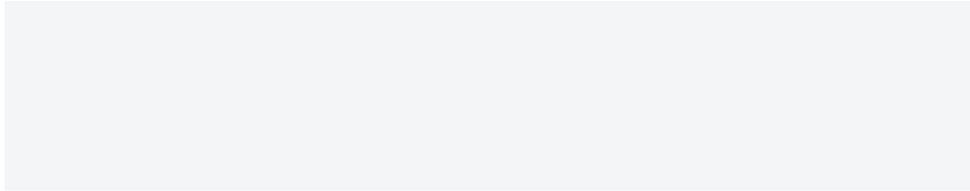
Life Domain 8:



Life Domain 9:



Life Domain 10:



Step 2

Ask the client to enter the names of the life domains in the outer rim of the empty wheel displayed on p. 21 (Fig. 2).

Step 3

Ask the client to rate his/her level of satisfaction with each of the domains using the wheel on p. 21 (Fig. 2). A score of 1 indicates that you are not satisfied, and a score of 10 means you are highly satisfied.

Step 4

After the client has rated each of the domains, ask him/her to connect the lines to form an inner wheel. This gives the client an overview of the level of satisfaction with their life. For an example of a completed wheel, see Fig. 3 on p. 22.

Step 5

Discuss with the client how he/she would want to change the shape of the inner wheel. Which domains draw your attention?

Step 6

Once an area is selected, proceed with the following questions:

- Why does this domain need attention?
- What would it take to raise your satisfaction by one score in this domain?
- What can you do to raise your satisfaction in this domain?

Fig. 2. The Wheel of Life with self-defined life domains

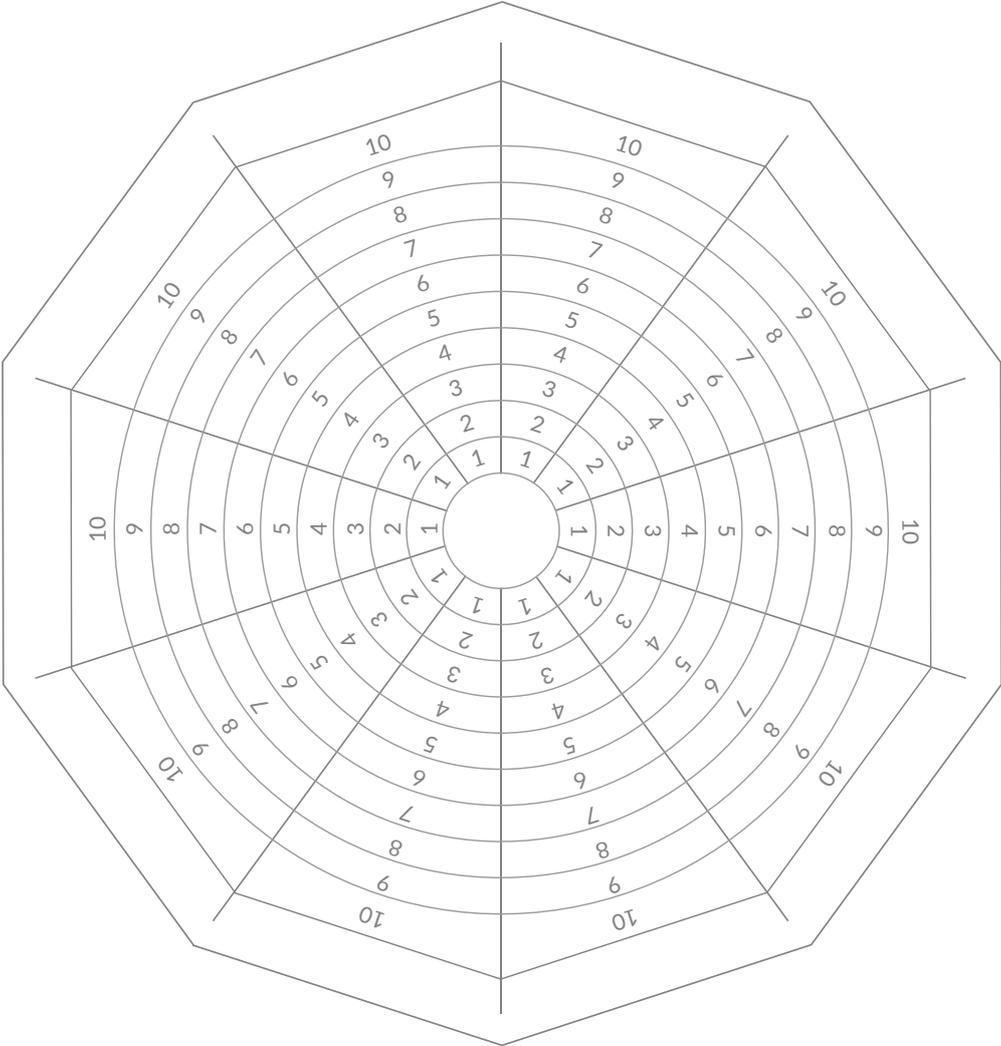
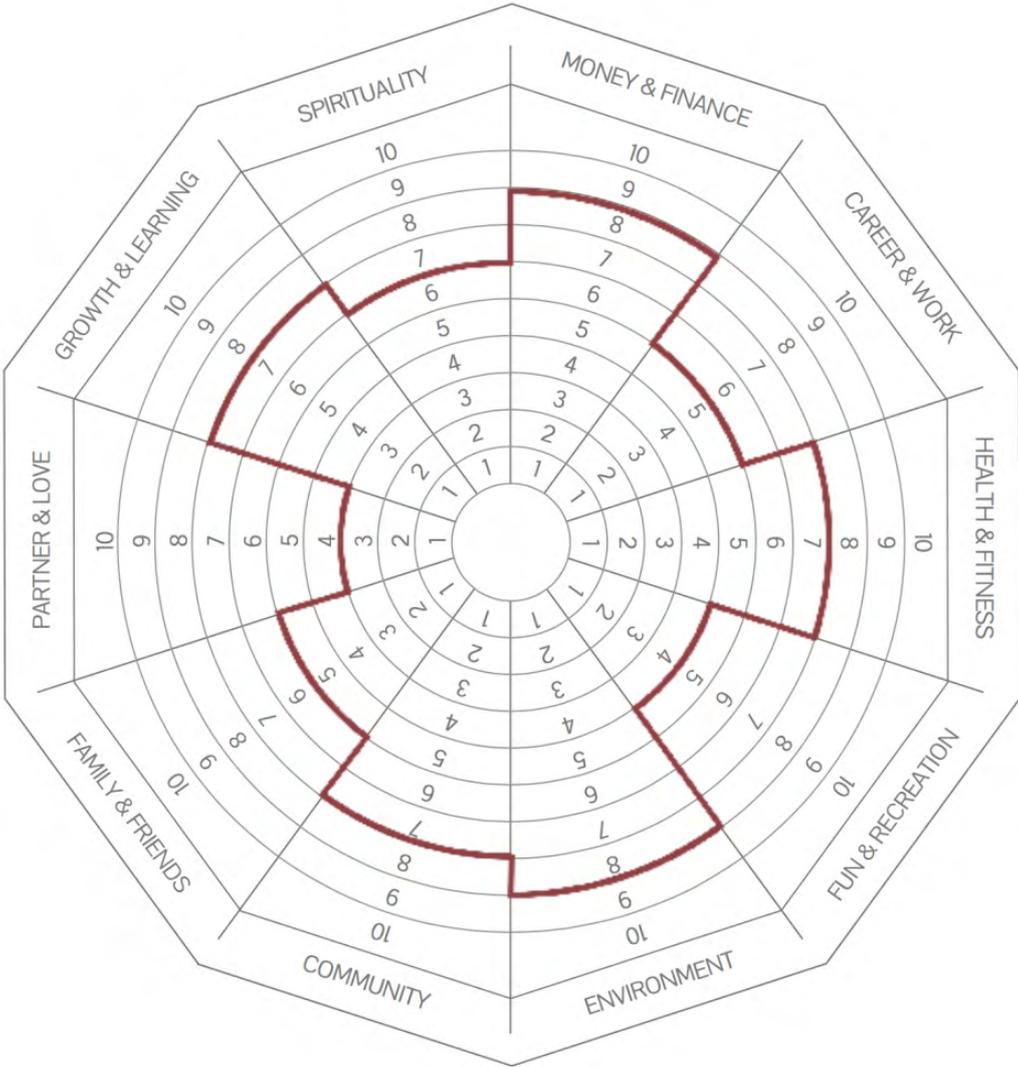


Fig. 3. Example of a completed version of The Wheel of Life



■ MEETING NEEDS ACROSS DIFFERENT LIFE DOMAINS

▶ NEED FULFILLMENT

Several theories, such as Multiple Discrepancy Theory (Michalos, 1985), Maslow's Hierarchy of Needs Theory (Maslow, 1970), and the Self-Concordance Model (Sheldon & Elliot, 1999), have proposed that a person's satisfaction with life can be regarded as 'need satisfaction.' These theories state that people have various developmental needs (biological, safety, social, esteem, self-actualization, knowledge, and beauty-related needs) they seek to fulfill, and the more successful they are in satisfying these needs, the more they are satisfied with their lives.

Life domains can also be perceived from a need perspective. After all, most life domains are organized and structured around several needs. For instance, the leisure domain typically involves activities dealing with one's need for social connectedness, aesthetics, and creativity. The health domain may involve activities related to biological and safety needs. Overall, a domain contributes to the individual's global well-being through need satisfaction. Therefore, because the satisfaction derived from a single domain can be limited, people have to invest their resources in multiple life domains to satisfy the full spectrum of survival and growth needs.

▶ NEED SATISFACTION LIMITS

According to Sirgy and Wu (2009), the way life balance contributes to subjective well-being is directly related to the principle of need satisfaction limits. They argued that satisfying one life domain contributes to subjective well-being only with a limited amount of positive affect. Subjective well-being is not simply the result of positive minus negative affect. If this were true, it could be hypothetically possible to invest all the time and energy into one single life domain, ignore all the other domains, and still experience a high level of well-being. In practice, life domains differ in the specific needs they fulfill. The need for knowledge may be covered by the life domain 'work' but not, or only to a limited extent, by the life domain 'family.' Thus, when focusing only on one life domain, it is likely that only a handful of selected needs are being satisfied. Another way to think about this relates to the notion of 'putting all your eggs in one basket.' That is, one should not become overly invested in one area of life to the detriment of fulfillment in other areas of life. To achieve ongoing well-being, it is necessary to satisfy the full range of human developmental needs. One cannot substitute one need with another.

Support for the idea of need satisfaction limits comes from research showing that that materialism is negatively related to life satisfaction (see Wright & Larsen 1993, for a meta-analysis of the research findings). Materialism can be regarded

as an imbalance between life domains with an excessive focus on the life domain 'money.' The number of needs that are satisfied by success in this life domain is limited. An excessive amount of time and energy devoted to this life domain means, per definition, that other life domains, such as friends, family, and spiritual life, receive less attention. Consequently, the needs that would normally be fulfilled by these other domains are thwarted, negatively impacting overall well-being.

► GOAL

The goal of this tool is to help people identify personal needs and explore ways in which these needs can be met in different areas of life. The last step invites users to identify behaviors that can be acted upon to move towards needs satisfaction.

► ADVICE

- If the client is struggling to come up with activities for need fulfillment in different life domains, the therapist should provide guidance and practical suggestions.

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► INSTRUCTIONS

This tool is designed to help you identify what you need most in your life now. We all have needs, and needs vary between individuals and across different stages of life.

Step 1: Identify current personal needs

Consider what personal needs you have right now in your life and the extent to which each of these needs is currently being fulfilled. Make a list of your most unfulfilled needs. The list of needs in the Universal Needs Inventory tool may be helpful here.

My most unfulfilled needs at this moment:

- 1.
- 2.
- 3.
- 4.
- 5.

Step 2: Identify your most unsatisfied need

For this exercise, identify which need is currently most unsatisfied. In the space below, provide a brief description of this need.

My most unfulfilled need at this moment (*brief description*):

Step 3: Identify important life domains

Now that you have identified your most unfulfilled need, we can begin to explore ways to move towards satisfying this need. Considering that the need satisfaction across different areas of life leads to greater quality of life and well-being, we will examine how several life domains may play a role in fulfilling this need rather than focusing on only one.

From the list of life domains provided, select your most significant life domains. By 'significant,' we mean the areas of your life that are most important to you personally.

Life domains:

- Health & Fitness
- Fun & Leisure
- Community & Environment
- Family
- Friends & Social Life
- Partner & Love
- Growth & Learning
- Career & Work
- Spirituality
- Other(s)

Step 4: Identify opportunities for need satisfaction

Now, label each of the Life Domain boxes below based on Step 3. Then, within each life domain, list what possible actions you could take to move towards fulfilling your identified need. Ask yourself, “in this area of my life, what activities or behaviors could I start (or restart) to help me meet this need?” Come up with as many activities as you can within each life domain. (Note that not all life domains may offer opportunities for the fulfillment of your specific need.)

<i>Life Domain:</i>				
<i>Need fulfillment actions:</i>				
<i>Life Domain:</i>				
<i>Need fulfillment actions:</i>				

Step 5: Initiate need fulfilment action

Review all the actions you listed and focus on the ones that seem most feasible or attractive to you at this moment. Select up to three actions to initiate in the coming week. Write down the specifics of how you will go about initiating this action below (i.e., who, what, where, when, and how).

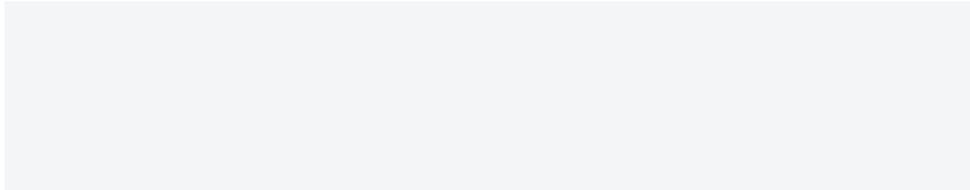
Action #1:

Action #2:

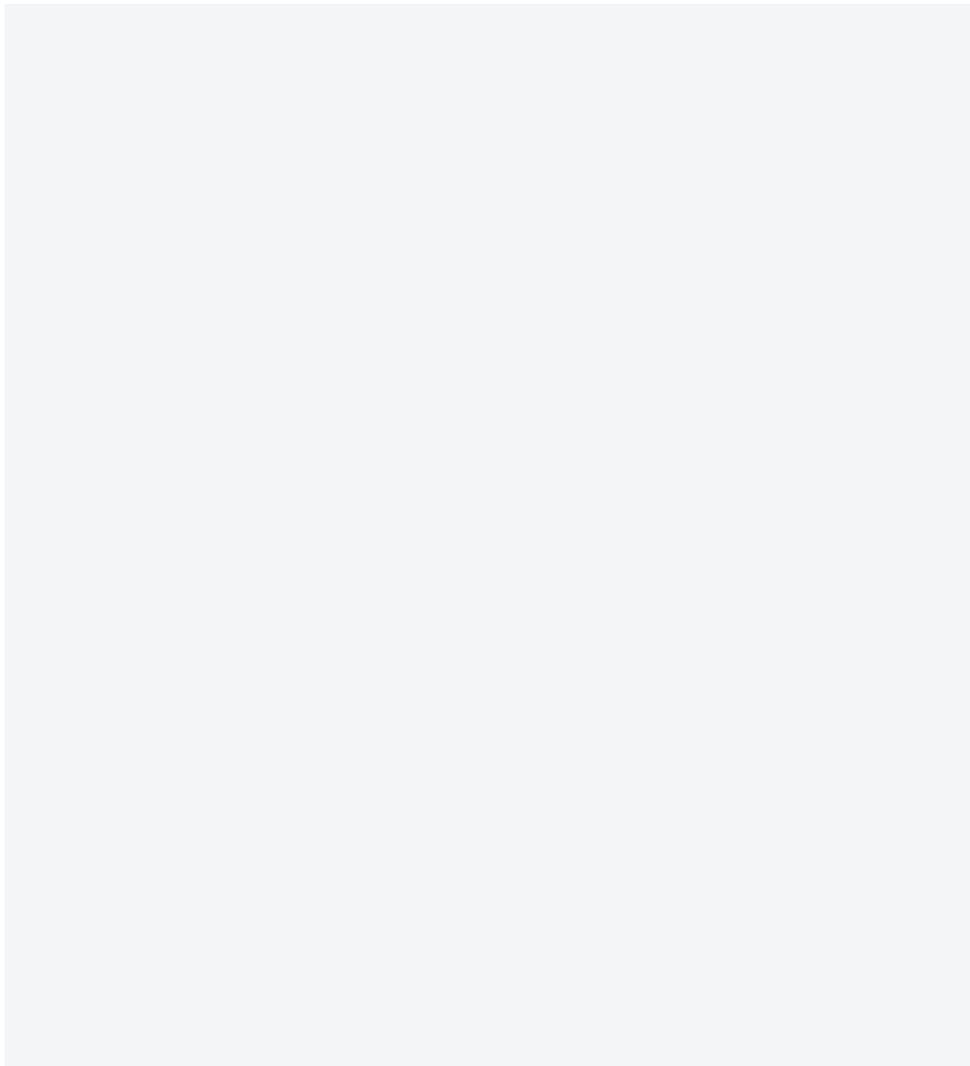
Action #3:

■ REQUIRED ACTION

Invite the other person to take a look at the results from the Wheel of Life and the Life Domain Diagrams. Which life domain needs the most attention right now?



What action(s) might be required in this life domain?



■ VISION QUEST

Martin Seligman (2002) argued that happiness has three dimensions that can be cultivated, namely, the regular experience of pleasantness (the pleasant life), the frequent engagement in satisfying activities (the engaged life), and the experience of a sense of connectedness to a greater whole (the meaningful life). Building on Seligman's three dimensions of happiness, Sirgy and Wu (2009) added the balanced life dimension. According to these authors, balance in life is another key factor contributing to happiness because the amount of satisfaction derived from a single life domain is limited. One needs to be involved in multiple domains to satisfy the broad spectrum of human needs, such as autonomy, safety, relatedness, and competence.

Past research findings support the idea that people are more satisfied with life when they derive satisfaction from multiple life domains rather than a single domain. A common example is an imbalance that many people experience between work and personal life. This imbalance is often the result of paying too much attention to the life domain "work." Research has shown that work-family role conflict is associated with life dissatisfaction (e.g., Edwards & Rothbard, 2000; Fu & Shaffer, 2001), low marital and family satisfaction, and symptoms of low mental and physical well-being (e.g., Bedeian et al., 1988; Parasuraman et al., 1992). Additional support for the importance of investment in multiple life domains comes from a study by Marks and MacDermid (1996). This study addressed employed mothers' engagement in different roles (e.g., employee, mother, spouse, etc.). The findings suggested that mothers who felt that their roles were more balanced and enjoyed "every part of their life equally well" reported less role overload, higher self-esteem, and lower depression levels compared to mothers whose roles were less balanced.

The life balance principle has an important implication. It implies that an over-investment of time and energy in any one life domain is unlikely to increase subjective well-being. People should prevent one life domain from overwhelming their overall satisfaction or dissatisfaction with life. The so-called Vision Quest exercise, developed by Frish (2005), addresses this issue. This technique is used to generate positive goals for life, therapy, or coaching. It is an open-ended exercise designed for clients to generate their own goals for areas of life they value or cherish. The exercise helps them invest in several life domains and thus promotes a balanced life.

► GOAL

This exercise aims to help clients take a step toward establishing some meaningful goals and priorities. The Vision Quest exercise requires clients to look at each area of their life, evaluate their weaknesses, and devise a plan to strengthen those areas.

► **ADVICE**

- Many clients have never physically written down goals for different aspects of their life. Writing down these goals, as opposed to just thinking about them, can hold them more accountable.
- The goals created in this exercise can be used repeatedly throughout the coaching or therapy to help clients focus on their most cherished life goals. After some time, the Vision Quest exercise may be completed again to assess changes and improvements in goals that guide the coaching or therapy.
- The practitioner may help the client see the connection between this exercise and the coaching or therapy by posing questions like: “How might your work help you realize some of the Vision Quest goals you set for yourself?” and “What could we do in these sessions to help you realize the goals that were set in the Vision Quest Exercise?” Area-specific interventions are appropriate when clients express an interest in or express dissatisfaction with a life area that is important to a client. Both clients and therapists must see the area as important to work on in the context of coaching or therapy.
- In the Quality of Life Therapy, this exercise is used at the beginning of therapy during the assessment phase as a follow-up to the happiness pie exercise (see the values diagrams tool in this toolkit).
- Clients must be flexible in approaching the goals that are set in this exercise. Goals can be changed at any time. Clients may find it useful to repeat the exercise whenever they feel as though their goals are changing. In addition, some goals may require more attention compared to other goals. It is important (and often liberating) for clients to say Yes to some goals and No to others deliberately.
- Since being aware of our partners’ or friends’ innermost hopes, dreams, and fears is important, clients may also share this exercise with their close friends or partner. Clients may choose to complete, exchange, and discuss the Vision Quest exercise with their close friends or partner.
- According to Frish (2005), this exercise can also be valuable for the bereaved who lack direction. It may challenge the passively bereaved to carry on and reinvest in life as the deceased would have wanted them.

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► INSTRUCTIONS - CREATE A LIFE VISION, THEN MAKE IT A REALITY

Step 1: Document long-term goals

Please consider each of the 16 life domains below and identify goals you would like to achieve during your “limited time on earth.” Determine your long-term goal(s) for each category. If a category is not important to you, simply leave it blank. The last row is purposefully left blank as a fill-in category.

Category	My Long-Term Goal(s)
<i>Love</i>	
<i>Friends</i>	
<i>Relatives</i>	
<i>Children</i>	
<i>Home</i>	
<i>Neighborhood</i>	
<i>Community</i>	
<i>Money</i>	
<i>Work</i>	
<i>Play</i>	
<i>Health</i>	
<i>Self-Esteem</i>	
<i>Spirituality</i>	
<i>Altruism</i>	
<i>Learning</i>	
<i>Creativity</i>	
<i>Values</i>	

Step 2: Short & medium-term goals

Determine short and medium-term goal(s) for each category in the chart below to support the long-term goals becoming a reality.

Category	My Short & Medium-Term Goals
<i>Love</i>	Short-term: Medium-term:
<i>Friends</i>	Short-term: Medium-term:
<i>Relatives</i>	Short-term: Medium-term:
<i>Children</i>	Short-term: Medium-term:

Category	My Short & Medium-Term Goals
<i>Home</i>	Short-term: Medium-term:
<i>Neighborhood</i>	Short-term: Medium-term:
<i>Community</i>	Short-term: Medium-term:
<i>Money</i>	Short-term: Medium-term:
<i>Work</i>	Short-term: Medium-term:

Category	My Short & Medium-Term Goals
<i>Play</i>	Short-term: Medium-term:
<i>Health</i>	Short-term: Medium-term:
<i>Self-Esteem</i>	Short-term: Medium-term:
<i>Spirituality</i>	Short-term: Medium-term:
<i>Altruism</i>	Short-term: Medium-term:

Category	My Short & Medium-Term Goals
<i>Learning</i>	Short-term: Medium-term:
<i>Creativity</i>	Short-term: Medium-term:
<i>Values</i>	Short-term: Medium-term:
	Short-term: Medium-term:

Step 3: Take action

Now think about and recall your lifetime goals daily as you plan your days and your life. Make sure to embrace beliefs, habits, and routines to help you in this endeavor and reduce the influence of habits, beliefs, and routines that block your progress. Even the books you read, the media you watch, or the people you talk to may help you or hinder you from reaching personal goals.

► **APPENDIX: EXAMPLE OF A COMPLETED VISION QUEST**

Category	My Long-Term Goal(s)
<i>Love</i>	I seek a partner who shares common interests with me, loves and respects me for who I am, and makes me laugh.
<i>Friends</i>	While I have many acquaintances, I would like a friend group that shares a common passion.
<i>Relatives</i>	I want to see my extended family at least four times per year.
<i>Children</i>	I would like to have one to two children at some point.
<i>Home</i>	I would love to own a house in the jungle.
<i>Neighborhood</i>	I would like to live in a small neighborhood where we can trust one another to leave our houses unlocked and feel safe.
<i>Community</i>	I would like to volunteer at least one time per month.
<i>Money</i>	I would like to make \$100,000 annually.
<i>Work</i>	I would like to have a healthy work-life balance.
<i>Play</i>	I want to go on amazing adventures.
<i>Health</i>	I want to run a half marathon.
<i>Self-Esteem</i>	Every day, I want to wake up feeling great about myself and have a purpose in this world.
<i>Spirituality</i>	I want to meditate regularly.
<i>Altruism</i>	At least once a week, I want to perform a random act of kindness.
<i>Learning</i>	I want to read four books a month.
<i>Creativity</i>	I want to make time to do art.
<i>Values</i>	I want my work to help others.

Category	My Short & Medium-Term Goals
<p><i>Love:</i> I seek a partner who shares common interests with me, loves, and respects me for who I am, and who makes me laugh.</p>	<p>Short-term: Join a club or local organization that is in alignment with my interests.</p> <p>Medium-term: Work on not being closed off and pessimistic. Work on writing in my journal at least a couple of times a week to identify what mental barrier I have to the concept of love.</p>
<p><i>Friends:</i> While I have many acquaintances, I would like a friend group that shares a common passion.</p>	<p>Short-term: The same short-term goal as the category of love: Join another club or local organization aligned with my interests.</p> <p>Medium-term: Say yes more when colleagues invite me out. Who knows what I can learn about the people with whom I work every day outside of the work environment.</p>
<p><i>Relatives:</i> I want to see my extended family at least four times per year.</p>	<p>Short-term: Start by giving my cousins a call or a text now and then.</p> <p>Medium-term: When at family reunions, which happen once a year, plan a date for the next gathering right then and there.</p>
<p><i>Children:</i> I would like to have one to two children at some point.</p>	<p>Short-term: Hold tight, find someone that I love, and who loves me first. No short-term goals at this point.</p> <p>Medium-term: Pick up and read a couple of books on how to be an effective parent.</p>
<p><i>Home:</i> I would love to own a house in the jungle.</p>	<p>Short-term: Work on my savings-start consciously saving for a mortgage.</p> <p>Medium-term: Continue actively saving and figure out where such a dream home could exist in the world.</p>

Category	My Short & Medium-Term Goals
<p><i>Neighborhood:</i> I would like to live in a small neighborhood where we can trust one another to leave our houses unlocked and feel safe.</p>	<p>Short-term: Research the safest countries in the world. Determine if I would want to live in any of them. Based on the narrowed down list, compare this list to where my dream home locations could be in the world.</p> <p>Medium-term: Keep my eyes and ears open to other possibilities about where such a neighborhood could exist.</p>
<p><i>Community:</i> I would like to volunteer at least one time per month.</p>	<p>Short-term: Figure out what organization where I would like to volunteer.</p> <p>Medium-term: Start by volunteering with the chosen organization once every other month.</p>
<p><i>Money:</i> I would like to make \$100,000 annually.</p>	<p>Short-term: Assess where I am and where I would like to be.</p> <p>Medium-term: Determine what career advancements must be made to get me to my long-term goal.</p>
<p><i>Work:</i> I would like to have a healthy work-life balance.</p>	<p>Short-term: Turn off work email notifications on my smartphone.</p> <p>Medium-term: When I leave work, keep everything there. Come home and take at least an hour for myself.</p>
<p><i>Play:</i> I want to go on amazing adventures.</p>	<p>Short-term: Create a bucket list of where I want to go.</p> <p>Medium-term: Allocate 5% of every paycheck to be saved for travel.</p>
<p><i>Health:</i> I want to run a half marathon.</p>	<p>Short-term: Begin working out at least three days per week, with one of the three workouts being a run.</p> <p>Medium-term: Choose a race and find a training program leading up to race day.</p>

Category	My Short & Medium-Term Goals
<p><i>Self-Esteem:</i> Every day, I want to wake up feeling great about myself and have a purpose in this world.</p>	<p>Short-term: Start by grounding myself in the morning. I will do this by meditating for ten minutes every morning after I wake up.</p> <p>Medium-term: After having this regular practice for at least three months, start to journal about what makes me happy. Who am I now? Who do I want to be? What do I want people to remember me by?</p>
<p><i>Spirituality:</i> I want to meditate regularly.</p>	<p>Short-term: Set a reminder on my phone every morning to meditate for ten minutes.</p> <p>Medium-term: After having this regular practice for at least three months, increase the time that I meditate by one minute every week.</p>
<p><i>Altruism:</i> At least once a week, I want to perform a random act of kindness.</p>	<p>Short-term: Create a list with as many random acts of kindness as I could potentially do.</p> <p>Medium-term: On my calendar, put a check next to each day that I did a random act of kindness.</p>
<p><i>Learning:</i> I want to read four books a month.</p>	<p>Short-term: Compile the book titles that I want to read into a list.</p> <p>Medium-term: Begin with one book per month and increase as I become a faster reader.</p>
<p><i>Creativity:</i> I want to make time to do art.</p>	<p>Short-term: Allocate thirty minutes every Sunday to art.</p> <p>Medium-term: Increase the time allocated over time, and maybe even schedule some art time during the week.</p>
<p><i>Values:</i> I want my work to help others.</p>	<p>Short-term: Assess where I am right now. Does my work involve helping others?</p> <p>Medium-term: Figure out how I can improve my current situation.</p>