

59 Examples of Goals in Life

Goals We ALL Have

Experiences & Growth

1. Travel the world
2. Travel to each country
3. Go to a culinary school
4. Learn an instrument
5. Excel at a sport
6. Write a book
7. Go to a poem slam
8. Create a comic
9. Write a biography
10. Get an M.D.
11. Overcome your biggest fear
12. Learn hand to hand combat
13. Learn another language
14. Restore an old home
15. Write a Screenplay

A place to call Home

1. Own a cozy apartment / vacation property
2. Buy a house/ Tiny house / Mobile home / Victorian house
3. Have a beautiful decorated home
4. Be surrounded by people I care about
5. Own a small patch of land
6. Have a garden
7. Have animals
8. Have a pet
9. Have a personal library / gym / streaming room / clothing room / loft / workshop / art studio

Spiritual Goals

1. Go on a retreat
2. Find what makes me content
3. Create the daily habit of meditation
4. Make a pilgrimage
5. Join a group of like-minded people
6. Volunteer / Do something meaningful

Financial Stability / Financial Freedom

1. A fulfilling job
2. A career in XYZ field
3. Financial freedom by age xyz
4. Starting a successful side hustle
5. Starting a successful business
6. Paying off all loans
7. Saving eg. 15 000\$
8. Earning X amount of passive income.
9. Earn enough to comfortably retire

Relationship Goals

1. Fall in Love
2. Become a parent
3. Get married
4. Send my kid / sibling to college
5. Go on a family trip
6. Create family harmony
7. Send kids off to school
8. Teach grandchildren
9. Help X-Number of people
10. Care for my parents

Health Goals

1. Create healthy eating habits
2. Try 50 different sports
3. Walk 100 miles
4. Run a Marathon
5. Start a homestead
6. Lose XYZ kg
7. Spend x amount of time at the gym
8. Get a sixpack
9. Learn to do the splits
10. Take part in a dance competition

Psychology Of Success Tips

Lei Huang



Psychology Of Success Tips:

A Practical Guide to the Psychology of Success Alison Price, David Price, 2016-05-05 A brilliant brilliant book Ben Hunt Davis MBE Olympic Champion Men's Rowing 8 Identify your dreams Achieve your goals Enjoy the process In Psychology of Success Alison and David Price help you to identify your personal vision of success building goals around what you really want and what you have the potential to achieve With the benefit of expert insights real life case studies and powerful techniques you'll build day to day strategies to help define and reach your goals overcome obstacles and succeed in the face of adversity If you're looking to reach your full potential whether it's making a personal change achieving a sporting goal or putting a business plan into practice this book will give you the map to changing your life and enjoying the journey

Writing for Money in Mental Health William Winston, Douglas H Ruben, 2021-12-12 Offering a simple to follow roadmap for scholars practitioners and journalists seeking payable markets for their works Writing for Money in Mental Health is your authoritative guide to the inner circle of writing for dollars on mental health topics For psychiatrists psychologists occupational physical and vocational therapists allied health practitioners and journalists specializing in mental health topics this book guides you through the obstacles of choosing topics locating suitable placements meeting submission criteria and facing the fear of rejection The book's focus on how to write stimulating articles and book proposals translate technical jargon into plain English and stay up to date with insider tips will help you supplement your paycheck in a time of shrinking referrals clients and opportunities for income As the first complete handbook for aspiring professionals seeking consumer and commercial outlets for their writing Writing for Money in Mental Health describes proven strategies for low and high profit results in scripting mental health ideas without painstaking effort You'll use this handy guide to discover how to write for money instead of pure scholarship how to alter your style for the consumable public market new markets in multimedia typically overlooked in mental health writing nontraditional paths to publication how easy writing for the public can be especially for money Along with inspirational instruction and invaluable trade secrets at the heart of manuscripts sales each chapter provides you with a detailed list of resources These annotated entries culled from questionnaires returned from editors publishers and other media personnel list key editorial data on magazines book publishers and other multimedia purchasers open to submissions in the mental health field whose products are for tabloid or mass appeal

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Unity through Community Service Activities August John Hoffman, Norma Espinosa Parker, Eduardo Sanchez, 2014-01-10 Community service work is an ideal way not only to help define how young people deal with each other but actually to facilitate these interactions and help them achieve meaning in their lives This book addresses community service ways to overcome divisions foster multicultural group development and reduce ethnocentrism and ethnic conflict

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