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Exercises That Can Help with Goal Setting

1. Project yourself into the future, any time from tomorrow to several years from now.

Imagine two days that would be ideal for you. Imagine 48 hours of what for you would be the best possible use of that period of time. You can fantasize whatever you want; the only limit is the time limit of 48 hours.

Write about your ideal two days. Describe where you are, what you are doing, and who else (if anyone) is there. Try to picture what you are doing for the full 48 hours. Go into as much detail as you can picture in your fantasy – smells, sounds, feelings, the weather, etc.

2. Life Inventory:

- a. What was the happiest year or period in your life?
- b. What things do you do well?
- c. What was a turning point in your life?
- d. What has been the lowest point in your life?
- e. Was there an event in which you demonstrated great courage?
- f. Was there a time of heavy grief? More than one?
- g. What are some things you do poorly, or some blocks that you have?
- h. What are some things you would like to stop doing?
- i. What are some things you would really like to get better at?
- j. What are some peak experiences you have had?
- k. What are some peak experiences you would like to have?
- l. Are there some values you are struggling to establish?
- m. What was one missed opportunity in your life?
- n. What are some things you want to start doing now, at this point in your life?

(this is a good exercise to do jointly with another person.)

3. Write your obituary as it might appear if you were to die today. Then write it again as you would like it to appear in the newspapers if you were to die in three years.

(Sample format: Jane/James Clark, aged..., died yesterday from... She is survived by... At the time of his/her death,)