



# Wacky Wild Goal Brainstorming

**INSTRUCTIONS:** Everyone says how important it is to have goals, but sometimes we don't know where to start. The purpose of this exercise is to **brainstorm** potential goals and **identify up to 10 possible areas that could be turned into goals**. You can do all 5 stages in one sitting, but it works well to allow yourself 1-2 weeks to complete all the steps - including returning to your initial brainstorm to add anything you may think of afterwards!

**1. FIRST, BRAINSTORM a Wacky, Wild List of everything you want in your lifetime!**

- List below all the **Wacky, Wild** (and normal!) **things** you want to **BE, DO and HAVE** in life!
- Aim for **at least 50 items** from big to small, ANYthing and EVERYthing you can think of.
- **Write as quickly as you can**, keeping your **answers brief** and **on one page**. This is a brainstorming exercise, so nothing is ruled out. **Everything should be included** from the mundane to the extreme.
- As this is a 'stream of consciousness' approach, **duplicates, silly and meaningless answers are just fine**.





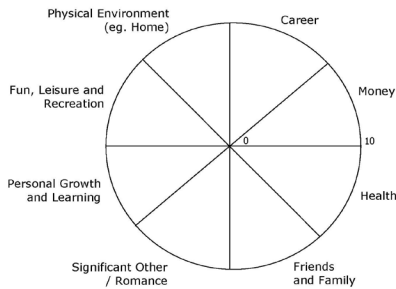
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2. **DISCOVER WHICH GOALS are most meaningful for you:** Now, beside each item on your Wacky Wild Brainstorm List on page 1, give it a score of 1 for EACH element on the 'Wheel of Life' that would be improved should you achieve that goal. The maximum possible score for any item on your brainstorming list is therefore 8.

**EXAMPLE:**

If you had "Own a Ferrari" as one of your goals, would it improve your 1) Career/Education? 2) Money? 3) Health? 4) Friends and Family? 5) Significant Other/Partner? etc. Perhaps it would **score a total of 1** on your wheel (Fun).

And if you had "Get a Dog" as a goal, would it improve your 1) Career/Education? 2) Money? 3) Health? 4) Friends and Family? 5) Significant Other/Partner? etc. Perhaps this goal would **score a total of 4** on your wheel (Health, Personal Growth, Fun, Home).



The elements/headings from the Wheel of Life are:

1. Career/Education
2. Money
3. Health
4. Friends and Family
5. Significant Other/Partner
6. Personal Growth and Learning
7. Fun, Leisure and Recreation
8. Physical Environment/Home

**Note:** Be honest – only give it a point if it TRULY improves an element on your wheel. And yes, you can score ½ points!

3. **REVIEW YOUR LEARNINGS.** Take another look at your Wacky Wild Brainstorm List on page 1:



Which goals have the highest scores? \_\_\_\_\_

\_\_\_\_\_

Which goals have the lowest scores? \_\_\_\_\_

\_\_\_\_\_

What surprises (if any) are there as you review your scores? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Where do you normally place your focus in life? Why do you think that is? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What have you learned about yourself so far from this exercise? What common themes are there? What else?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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4. **SELECT 10 items from your list as possible goals.** These don't have to be your highest scoring items, but they probably will have high scores. And now in one brief sentence write below **WHY** the goal is important to you.

IMPORTANT NOTE: If you are unable to come up with a good justification – ask yourself why is it still on the list?

- 1. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 3. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 4. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 5. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 6. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 7. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 8. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 9. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_
- 10. \_\_\_\_\_ is important to me because \_\_\_\_\_  
\_\_\_\_\_

**So, you now have 10 possible goals to work with.** Finally, just before we wrap up this exercise, ponder:

**5. What are the key learnings that you'd like to make a note of and take away?**

**1<sup>st</sup> Key Observation/Learning** \_\_\_\_\_

**2<sup>nd</sup> Key Observation/Learning** \_\_\_\_\_

**3<sup>rd</sup> Key Observation/Learning** \_\_\_\_\_