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5 Fun Goal Setting Activities

BY OMER



We've all heard that it's important to set goals and we've often heard about the [benefits of goal setting](#). We understand that we need to have direction in our lives instead of feeling like we're just floating down a river in a boat without a paddle. So why is it that most people don't set goals? Well, one reason is that it is so damn boring. Our goals should inspire us, but how can we come with those goals when the goal setting process itself so boring that it can put us to sleep?

Here are 5 fun goal setting activities that will help you to 'rev up' your creative juices and let you enjoy the goal setting process.

1. You've just won the lottery!

Congratulations, you've just won the \$38 million jackpot! I bet you didn't think that you'd become a multi-millionaire by reading this article. But seriously, close your eyes for a moment

and imagine that you've just checked your lottery ticket and you have the winning numbers. After you get over the initial shock, you realize that your life is about to change forever. Are you still sitting down? You should be jumping up and down with excitement by now. So how will you change your life from today? You've got all the money you need to make things happen in your life, so write down how your life is going to start changing from today.

2. Is it a bird, is it a plane, no it's....you!

So the 'lottery thing' didn't do it for you? Maybe you're just not motivated by money. Or maybe you never play the lottery — yes, that could be a problem. Well, do you want to have superpowers instead? What if you were Superman (or Superwoman). You could do just about anything you wanted and nobody would be able to stop you. Yes, I know about the dude with the Kryptonite, but let's assume you've already gotten rid of him. So there are no bad guys around to keep you busy right now. How will you spend your days when you're not wearing your cape? What would you do if no one knew you had superpowers, but there was nothing to stop you from doing anything you wanted. Write down those goals Clark!

3. It's your retirement party already?

My goodness, time really does fly doesn't it. How did we get to your retirement party so fast? The years just flew by didn't they? Ask someone who's already retired, about how quickly the time went by and what were the things that they didn't get a chance to do in 65 years. Now let's make sure that the same thing doesn't happen to you. You've invited some of your oldest friends to your retirement party and they ask you the same question — "what do you regret not having done in your life"? You start looking back at your life and making a list of all the things you wished you had done, but didn't do. You probably already have a good idea of those things based on where your life is headed right now or things you know you want to do deep down someday. So take each regret and rewrite it as a positive i.e. imagine you actually did do each of those things in your life and you're now telling your friends about what a great life you've had and what an awesome life you're going to continue to have in your retirement.

4. You've only got 6 months left to live

I know this one doesn't sound like much fun, but bear with me. If you think about it, knowing that you've only got 6 months left on this earth could actually be fun. You've got nothing left to lose now. You are not afraid to try new things anymore or fearful of failing at something new. You are not afraid to tell people how you feel. You have the courage to take risks and live the life that you have always wanted to. So what are you doing to do for the next 6 months? Decide quickly, because you don't have much time left. What do you want to learn? Where do you want to go? What do you want to do? Who do you want to meet or spend time with? Make that list quickly because time's running out and you need to go and live the life of your dreams today!

5. Grab those scissors and get busy cutting

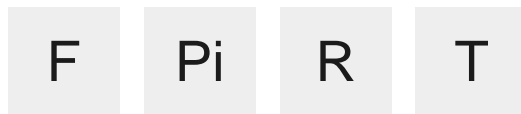
The last 4 goal setting activities have all been different types of visualization techniques. But some people don't like to or can't visualize effectively. If that's you, then don't worry. We have the perfect goal setting activity for you — grab some scrapbook paper, old magazines, scissors and some glue. Yes, we're going to do some good old fashioned magazine cutting and create an awesome vision board. Are you excited to start collecting pictures the way people used to before Pinterest was around? Do you want to live in that house? No problem, cut it out. Do you want to marry someone who looks like that? No, problem, cut them out. Do you want to travel to an island like that? No problem, cut it out. You get the idea right? Don't be afraid to cut pictures. You don't have to show these pictures to anyone if you don't want to – they are just for you. Now stick those pictures on a large piece of scrapbook paper and voila, you have your vision board! Spend a few minutes imaging how your life would be if that vision was a reality. Does it make you feel excited? If not, then rip out some pictures and find some better ones.

Painful or Fun Goal Setting Activities?

This is your life. Don't settle for anything less than you deserve. You can have whatever you want, so don't be afraid to dream, even if you're not sure right now on how you'd achieve any of those goals. Well done for making it this far. It wasn't that painful was it? And dare I say it, did

you maybe even have some fun along the way? Please pick at least one of these fun goal setting activities and start to discover what you really want in your life.

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