

## Part 3 - Define your Life Goals

*'The key to **getting** what you want is **knowing** what you want'*

### What do you want?

Before you can be who you want, or get what you want, you need to know what you want.

Sounds simple doesn't it, but it's not. Knowing what we *really* want is actually one of the hardest things for anybody to find out about themselves, and often it takes a lifetime.

This is because few people really take the time to get to know themselves, because making the time for self-analysis is difficult, otherwise we would all be doing it! Most people prefer to keep occupied, and to fill any free time they have with distractions, like social media, friends, TV and entertainment. In fact, most people are not even aware that they *have* to learn about themselves, to allocate time for introspection and to become self-aware.

Be honest, how much time have you given to sitting down quietly to think and reflect, and finding out what you *really* want? Do you already have written goals? If not, let's find out if you know what you want in life!

### Finding out who you are and what you really want - Getting to know yourself

I wrote above that often it takes a lifetime for a person to find out about themselves, who they are and what they want in life, but that is if a person is passive about it!

We however, are going to be pro-active, and we are going to solve one of life's greatest challenges by the time we finish Part 3 of this book.

And so, to assist you in this complicated endeavour, this book will guide you through the steps needed to identify who and where you are now, i.e., the detailed circumstances in which you find yourself; and will then ask you to think and consider where you want to be in the future, and when. We will then work on 'goal fulfilment' which will involve the planning required to execute each step towards a successful pre-defined outcome.

Our first step in setting life goals, must be to define the areas in which life goals should be set.

### The 12 Arenas of Life

In this part of the book, you will read about the twelve main 'arenas' of life, in which particular aspects of your life will mostly play out, for example, love and romance will play out within 'intimate relationships'. These arenas have been identified to focus our attention, and give structure to our work going forward, these arenas are,

1. Health & Fitness (vitality & longevity)
2. Family Upbringing (support & belonging)
3. Friendships (fun, belonging, & support)
4. Intimate Relationships (love & romance)
5. Parenting (starting a family & raising children)
6. Education & Career (learning towards a career or profession)
7. Money & Finances (wealth & prosperity)
8. Lifestyle (home life & material possessions)
9. Leisure interests & activities (the fun, excitement & adventure in life)
10. Personal Development (learning & growth)

11. Spirituality & Faith (meaning & purpose)
12. Contribution (giving of yourself)

In each arena, the more you 'put in', the more you will get out, meaning that the success that you will experience in each arena will be determined by the ambition that you have for each, the correct actions that you take, the habits that you develop, the life experiences that you have and learn from, how much you invest and 'give of yourself', and ultimately, the amount you grow and flourish.

For these reasons, you should set and then pursue inspiring life goals across each arena.

### **Your life's purpose - a good, long-life?**

Life is an astonishing, unexpected, priceless gift, and if you value your one lifetime on Earth, then you might wish to prioritise *longevity* (a long-life), and *good character*, as your life's purpose.

Setting out to live a *good, long-life*, could become your definitive purpose, the central theme to build your life around, and the focal point from which you will set all your other life goals, each of which should contribute towards a '*good*', *long-life*.

This dual purpose will help guide your key decisions in life, and will help you to achieve your other goals more than any other.

### **Why is learning important?**

*"There is only one good, knowledge, and one evil, ignorance."*— **Socrates**

To flourish in life, a person must make the right decisions. But how does a person know what are the right decisions to make, and in fact, how does a person even know the choices available to them in any situation?

The answer is in *learning*.

To *reason*, is to be able to make judgements, based upon our understanding of a particular situation, and in our lifetime we will be called upon to make tens of thousands of split second judgements, and our happiness and the happiness of our family, friends, acquaintances and partners is reliant on our making the correct decisions every time.

For this reason, the first goal that we should set for ourselves in each arena, should be to learn. Within 'Parenting', if we plan to start a family we should purchase and read books about the first years of a baby's life, and how to raise children; within 'Money and Finances', we should read everything we can with the goal of becoming financially literate; within 'Intimate Relationships' we should consume all different types of books on relationships, so that we can come to understand the different perspectives between men and women; within 'Spirituality' we should expand our knowledge of other people's belief systems, in order to understand their viewpoint and become tolerant; and so forth. Learning will equip us with the tools to make the correct decisions, experience will allow us to do so at the correct time.

*"Wisdom is the quality gained from knowledge, experience, and by exercising good judgement."*

And we should continue learning throughout our lives, with a passion!

Learning is how we grow personally and professionally. Without learning we stagnate and think and then do the same things every day, even if our actions are wrong, because we do not know any better. Learning empowers us to constantly improve and upgrade in all areas of our lives, in all our relationships, to experience more, to enjoy more.

As Socrates also said, — *“Employ your time in improving yourself by other men's writings, so that you shall come easily by what others have labored hard for.”*

And there has never been a time in history, where such a vast body of knowledge is so freely and readily available. In Socrates' time, barely 10% of the population was literate, and even less had access to the internet. Just imagine how successful you can become, how knowledgeable, how capable, and how interesting, if across your lifetime, you assimilate and then 'apply', a large body of knowledge relevant to your particular situation and goals.

So, also commit to a lifelong **learning ethos**: The first goal that you set in each arena should be to learn ... make it your mission to learn as much as you can about the things that matter, about the things that are important to you, and about the things that are important to the people that you love.

**END OF FREE SAMPLE**