

Whose Goal Is This?

Sort out which goals are yours and which ones you picked up from other people.

WHEN TO USE THIS

Use this when working on something feels like a duty instead of a want.

List the things you feel you are supposed to be working on.

1. _____
2. _____
3. _____
4. _____
5. _____

Go back through the list. Beside each one, write who wants it. Then answer: which surprised you?

If nobody was watching or waiting, which one would you keep?

What would you like to set down for now?

Setting down is not the same as quitting.

You are allowed to carry fewer things than you were handed.