

The Quick List Method

In 30 seconds, write down your **three most important goals** in life, right now.

The three common goals that most people have are first, a **financial** and **career** goal; second, a **family** or personal **relationship** goal; and third, a **health** or a fitness goal. And this is as it should be. These are the three most important areas of life. If you give yourself a grade on a scale of one to ten, with one being the lowest and ten being the highest, and apply this scale to each of these three areas, you can immediately identify where you are doing well in life and where you need some improvement.

What we have found is that when you only have 30 seconds to write your three most important goals, your answers will be as accurate as if you had 30 minutes or three hours. Your subconscious mind seems to go into a form of "hyper-drive" and your three most important goals will pop out of your head and onto the paper, often to the surprise of the person doing the exercise

You can do the same exercise with the following questions:

1. What are your three most important **business or career** goals, right now?

2. What are your three most important **family or relationship** goals, right now?

3. What are your three most important **financial** goals, right now?

4. What are your three most important **health** goals, right now?

5. What are your three most important **personal and professional development** goals, right now?

6. What are your three most important **social and community** goals, right now?

7. What are your three biggest **problems or concerns** in life, right now?
