

## Challenge 2: Dare to choose!

### Assignment 1. Think about what you want!

#### Step 1. Decide what you find important

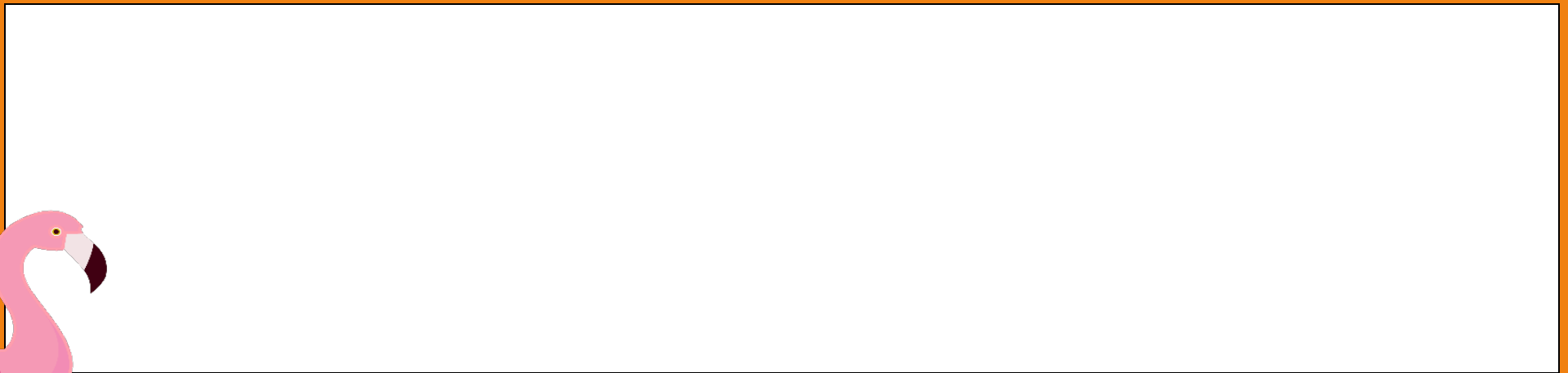
1. Ask yourself: what do I find important in life; which values do I find important?

To help you, we have listed several examples of values from which you can choose below. But feel free to add your own.

- Rest or challenges
- Connectedness or independence
- Alone or together
- Leading or following
- Stability or freedom
- Quality or quantity
- Fun or wealth

Other examples of positive personal values are trust, religion/spirituality, honesty, love, loyalty, safety, and security.

Write down all the values that you find important below.



2. Make a top 5 of the values that you find important and which you want to manifest in your daily life. List them in order of

importance.

|    |
|----|
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |

## Step 2. Set goals

Answer the following questions:

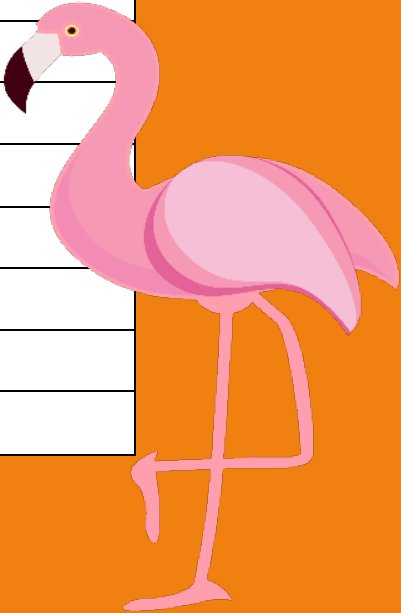
1. **Where am I now?** How am I (mentally, physically, financially, and personally)?

2. **Where do I want to go? Write down 3 personal goals which you find important.**

First, write down all the goals that you can think of. Then select which goals are relevant now and which later.

| Goal | Nu of later? |
|------|--------------|
|------|--------------|

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |



Which 3 goals do you want to work on this year? Write them below.

|         |
|---------|
| Goal 1: |
| Goal 2: |

Goal 3: