

# PURPOSE WELLBEING EXERCISE

# GOAL SETTING



Write out 24 goals. These can be related to school, work, or personal life. Once you have 24, go through and choose your top five goals. Think about which are the most appealing and important to you. Circle those five or write them on another piece of paper.

1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24