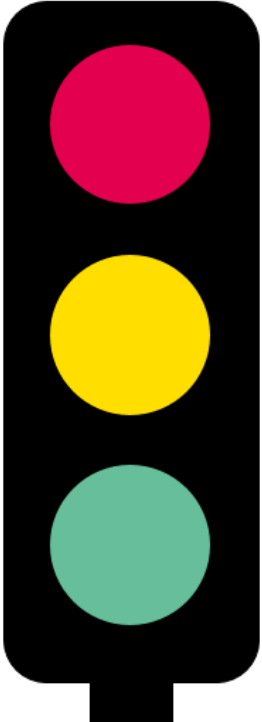


Establishing My Adventures To-do List

Activity 1: Life Goal Traffic Light

Part 1: Evaluate my progress of reaching the goals listed on My Life Planning Footprints®.



Goals in progress

1. What are the assistance / resistance while implementing the goal?

Goals not started

1. What are the factors hindering you to start the goal?
2. What limitations are you facing?

Goals accomplished

1. Can the difficulty of the goal be increased?

Part 2: The ∞ possibility of accomplishing goals (Fill in this part after completing the “Possibilities of 8” activity)

Modify your goals : _____

[How would you modify your goals before you start?]

Adjust your goals : _____

[Is there any other way to achieve the goal? How would you adjust the goal?]

Upgrade your goals : _____

[When you have achieved your goals, how would you upgrade your goal? What is your new goal?]