

*Answer the following questions as best as you can. These questions should require a good deal of thinking!*

1. Create a quick "Bucket List" of 10-15 things you hope to do or accomplish in your lifetime. These should not be your career goals (i.e. NOT "I want to be a doctor") but rather things you hope to accomplish in your life. Want to see the pyramids in Egypt? Run a Marathon? Skydive? Get a Tattoo?

---

---

---

---

---

---

---

---

2. What are some SHORT TERM goals you have for yourself? These should be things you hope to accomplish in the next month or two. (Do you want to Ace your midterms? Get your driver's license? Lose weight?) Come up with at least 3.

---

---

---

---

---

---

---

---

3. What are some LONG TERM goals you have for yourself? These can be school/career or personal related but DIFFERENT from your "bucket list." i.e. Do you hope to get married and become a parent? Do you want to adopt a child? Earn a Ph.D. in Psychology? Write a novel? Come up with at least 3, but 5 would be better.

---

---

---

---

---

---

---

---

Which of these goals/resolutions/ plans is the MOST IMPORTANT to you, and **why**?

---

---

---

---

**Now that you have thought about these goals, let's dig deeper into WHO we ARE as people. Answer these questions AS YOU UNDERSTAND THEM.**

1. **Why do you do what you do?** (Answer this in a way that is meaningful to you, and based on whatever "what you do" means to you.)

---

---

---

---

---

2. What keeps you up at night or gets you going in the morning?

---

---

---

---

3. Where is your happy place?

---

---

---

---

4. What stands between you and your ultimate dream?

---

---

---

---