

# My Life List



DATE \_\_\_\_\_

**Now it's your turn.** Jot down as many goals—both fun and serious—as come to mind. Use these categories to organize your thoughts and add a target date (from months to even decades down the road) for accomplishing each one. Don't worry about running out of space: You can print as many sheets as you want!

**Travel: Plans for Adventure**

**Ideas to get you started:** Stand on all seven continents. Travel down the Nile. See Paris in the spring. Visit your ancestral country.

	TARGET DATE
1	
2	
3	
4	
5	

**Goals+Milestones: Hopes for Personal Growth**

**Ideas to get you started:** Buy a second home. Learn to speak Spanish. Get over your fear of heights. Go back to school. Start volunteering.

	TARGET DATE
1	
2	
3	
4	
5	

**Relationships: Building + Reconnecting**

**Ideas to get you started:** Stay in better touch with faraway friends. Forgive an estranged family member. Join a knitting or book club.

	TARGET DATE
1	
2	
3	
4	
5	

**Career: Professional Aspirations**

**Ideas to get you started:** Head up your own project. Open your own boutique. Change careers. Attend a major networking event.

	TARGET DATE
1	
2	
3	
4	
5	

**Health: Feeling Your Best**

**Ideas to get you started:** Run the New York City Marathon. Become a vegetarian. Reduce your daily stress. Start tai chi or yoga.

	TARGET DATE
1	
2	
3	
4	
5	

**More Big Dreams**

**Ideas to get you started:** Host an exchange student. Read the classics—all of them! Start an organic garden. Write your memoir.

	TARGET DATE
1	
2	
3	
4	
5	