

Goal setting

To get started, you need to know what you're working towards. Setting your goals is your first step.

We often set goals for things that we think other people expect from us, for a life that society expects us to live. The problem is that those are mostly money goals. There is a difference between an end goal or dream goal and a money goal. Our dream goals truly lead to happiness, while money goals just get us closer to what really makes us happy.

If we start by focussing only on our money goals, we often miss out on the opportunity to be truly satisfied and happy. Your first step, or starting point, should be setting your dream goals, and then working towards achieving them. Dream goals can be divided into 3 categories: experiences, growth and contribution.

Experience

Think about the most beautiful experiences that would really give you joy. These could include falling in love, raising children, playing with your grandchildren, travelling, creating something, and learning new things.

Growth

To be the person who can have these experiences, ask yourself who you need to become. To become the best version of yourself, write down a list of how you want to grow and the skills you want to learn. Your growth should be a goal in itself.

Contribute

Think how you could give back to the world, if you could have all these incredible experiences and be the best version of yourself. Giving is often one of the surest paths to happiness. It is a way you can make a difference in the world and find fulfilment.

Source: Adapted from author Vishen Lakhiani

My dreams

Experiences	Growth	Contribution