



**Aspen Family  
Business Group**

# Goal Setting Exercise

## INSTRUCTIONS

Start with three pieces of paper. You will create three sets of goals:

### **Lifetime goals**

On the first piece of paper, write down all the things you want to do and accomplish in your life. Don't think too hard about this, just make a stream-of-consciousness list.

### **Short-term goals**

On the second piece of paper, write down everything you want to do in the next two to three years.

### **Terminal goals**

On the third piece of paper, imagine you have only 12 months to live and write down everything you want to do before you die (assume you have taken care of logistics and arrangements).

Finally, compare the three lists.

From these lists, notice what is most important to you. Along with other inputs such as your closely held Values, and your Personal Statement of Purpose, you will discover what you most want to focus on with your finite resources. Use the results to set priorities for your time, energy, talent and money. Consider what goals you want to be sure to accomplish and set a plan to do so.

**Empowering family businesses of all sizes**