

## **Stepping Stones Exercise: Chapter 1**

### **Exercise: Creating a Vision for the Future**

It's time to examine what you want for your life. These are the beginning steps toward becoming happy. You have to know where you want to go before you can initiate the steps to get there.

As you look at the different parts of your life, take a few minutes and write down what you would like to change. We will look at work, relationships, and personal issues.

#### **Work**

- What would you like to achieve in your work life?
- Do you want more money?
- Would you like a promotion?
- Are you feeling overworked and don't know how to change it?
- Have you been laid off?
- Are you looking for another job?
- Do you want to successfully complete a project?
- Are there problems with a supervisor or another coworker?
- Have you been fired multiple times and don't know how to change this pattern?

**Write your work goals here:**

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### **Relationships**

Take a look at your relationships and answer these questions:

- What concerns do you have about your relationships?
- Are you a loner and wish you had some friends?
- Do you wish you had a committed relationship?
- Are there issues with a child that you'd like to resolve?
- Do you want to improve your parenting skills?
- Do you have issues with someone in your family of origin, a parent, brother, or sister?
- Are you having problems with your significant other and want to solve them?
- Are you having dating issues? For example, not knowing how to ask someone out or how to have them ask you.
- Do you habitually choose the wrong kind of person as a partner?
- Is your partner opposed to you practicing?

**Write your relationship goals here:**

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### **Personal life**

What about personal issues? If any of these is affecting your life, then include it.

- Are you struggling with depression?
- Do you have anxiety problems?
- Do you sometimes overeat?
- What bad habit would you like to overcome?
- Are you battling an addiction?
- Do you have a health issue?
- What is your purpose for living?
- Are you in the middle of a life transition?
- Would being more disciplined help you?
- Do you have difficulty following through?
- Are you a procrastinator?
- What fear is keeping you from moving forward?
- Is your life at an impasse that you don't know how to get around?
- Do you want to go to school or find a job?
- Are you totally overwhelmed with life?

**Write your personal goals here:**