**Assignment 4: Define your areas of attention and set goals**

This assignment will take ca. 15 minutes and consists only of individual reflection.

Look at the list with examples of areas of attention below. List the core areas of your life where you want to get results. Choose your own naming. The more creative you can get with your naming, the more committed you’ll be (i.e. Expand the mind instead of Continued Learning).

Don’t list any more than 5 (ideally less). The point here is to nail the areas in your life that matter and have fun with it.

Partner/Marriage

Family/Friends

Hobbies/Free time

House/Garden

Health

Sports

Volunteer Work

Community Work

Political Involvement

Helping Others

Cultural Activities

Continued Learning/Knowledge/Skills

Travel/Vacation

Other …………………

**Core areas of attention**

**1.**

**2.**

**3.**

**4.**

**5.**

**Set goals in each of your core areas of attention**

* Describe for each of your core areas what you want to accomplish in the next 5 years.
* These goals don’t have to be big. They just have to be meaningful to you.
* Make the description as **SMART** as possible:

**S**pecific

**M**easurable

**A**cceptable for others, **A**ctivating for you

**R**ealistic

**T**imeconstrained

In the next 5 years I would like to achieve the following, regarding to:

**1.**

**2.**

**3.**

**4.**

**5.**

**At 14.30 return to the plenary session.**