

Activity: Your Lifestyle Goals

Start thinking about what financial security and healing mean to you. During this activity, do not judge yourself – just write or reflect about your personal dreams. Be as specific as possible and give yourself the freedom to pray, hope and dream big!

Reflect on each of the following questions and write down your answers. Try to put yourself in the emotional state of mind you anticipate or expect to feel at each time frame.

Lifestyle Goals

1. What are your financial hopes for the future?

Ex: stop living paycheck-to-paycheck; eliminate all debt; afford to help my child(ren) purchase their first home(s).

5 years from now

10 years from now

25 years from now



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2. Describe how you would like to spend your days?

Ex: engaging in my favorite hobby; relaxing on the beach; working part-time at a fun, rewarding job.

5 years from now

10 years from now

25 years from now

3. What are some things you would want to give to others?

Ex: more time spent with my grandchildren; aid to the homeless; give to a church program; a nice chunk of money to leave to my heirs.

5 years from now

10 years from now

25 years from now

