



Develop Meaningful Goals & Habits

Risk vs Reward

List 10 tasks, experiences, or activities that you've been thinking about, and then rate the level of risk and reward of each item on a scale from 1 (a little) to 10 (a lot).

Some inspiration: call an old friend, run a 5K, ask for a raise, learn a new language, take an art class, volunteer, purge your closet, go on a date, learn to play an instrument, travel to a foreign country, learn to rock climb, journal daily, do Sunday dinners, or set a budget.

Specific, Actionable Tasks Remember to make your list SMART (see below for details)	Challenge Level 1-10 How unwilling or stressed are you about this?	Reward Level 1-10 How rewarding will this be to accomplish?

REMEMBER: When Setting Goals, Make Them SMART:

Specific: What actionable tasks do I want to accomplish?

Measurable: How will I measure my progress or when it is accomplished?

Attainable: Is this a realistic goal? On a scale of 1-10, how willing are you to do it?

Relevant: How meaningful is this goal to you? Does it align with your values & priorities?

Time-Bound: When will you accomplish your goal? Choose specific date(s) and time(s).

(This will be helpful on Page 3)