

The Good Life

'The most important thing is to enjoy your life - to be happy.' -Audrey Hepburn

When it comes to defining The Good Life, I can promise you that it is going to look different for each one of us.

What matters most to you might be entirely different than what matters most to others.

So, to define your own Good Life, we ask you to take a look at each of these four areas:

TIME, MONEY, RELATIONSHIPS, PURPOSE

Take a moment to think through and define what helps you live your own Good Life!

TIME

Define your proper work/life balance.

How many hours/week do you want to work? How about weekends?

How about days off? Vacations? Long weekends? What is ideal to you?



Are you able to detach from work and truly have "away" time? Or are you constantly carrying the weight of work? How can you improve?

MONEY

What are your lifetime goals related to money? What is your "why" behind your money goals? What can you buy with that money that matters most to you?

What is your targeted annual income now? In 3 years? 5 years?

What are your biggest obstacles to hitting those money goals? What can you do to overcome those obstacles?

At what age do you hope to retire? And, with what type of residual income?



RELATIONSHIPS

Who are the people that matter most to you in this world, and why?

Do you feel like your most meaningful relationships are ever damaged negatively by your work/career? If so, in what ways? What would you change?

In what ways can you prioritize relationships over career goals? How can they co-exist in a healthy manner together?

How are the relationships with those you work with? What is your ideal relationship and how can you reach that?

Are there other important relationships you would like to pursue?



When considering your most important life goals and your Good Life, what is your greatest purpose in life?

What gets you out of bed in the morning? What lights a fire in your belly? What are you passionate about?

What would you say brings you more real joy and happiness than anything else?

What things do you need to change, starting today, to pursue these passions with more real intent?



