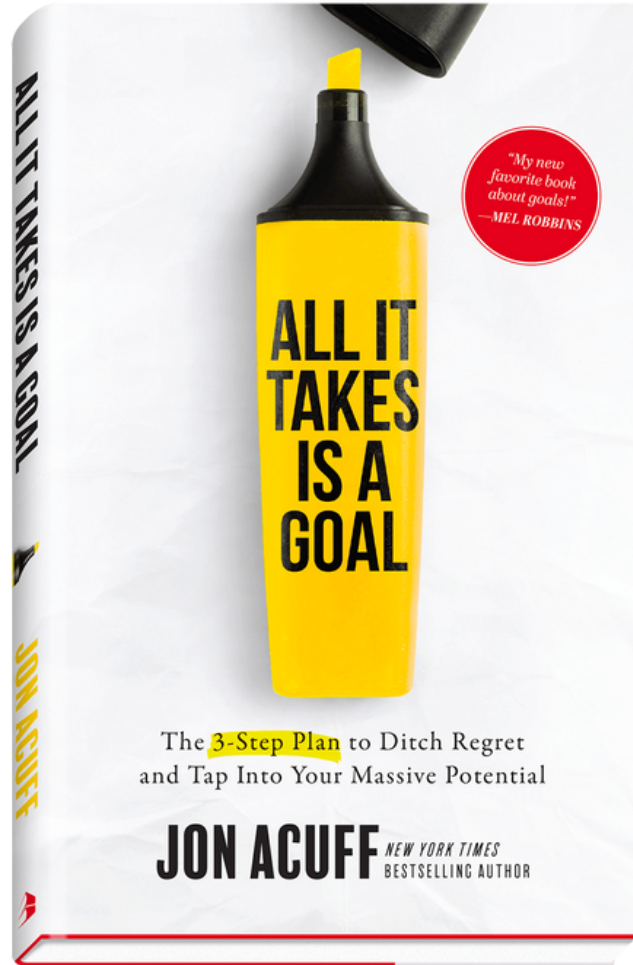


ALL IT TAKES IS A GOAL



Use these 20 question prompts and 30 examples to start building your Best Moments List!

ALL IT TAKES IS A GOAL

Use these 20 questions to start building your Best Moments List. Remember, you can put anything on the list. This assignment is impossible to fail and it's fun!

1. What's an activity that makes time speed up or slow down for you?
2. What's something that makes you smile every time you see it?
3. Finish this sentence, "If I had one free hour every day, I would love to"
4. What's the best vacation you've ever been on?
5. What's a small thing that gives you big joy?
6. If you won a \$200 million lottery, who would you give a million dollars to?
7. Finish this sentence, "My favorite part of my job is"
8. What's a moment that makes you feel like you're a superhero walking away from an explosion in a movie?
9. Who do you always laugh with?
10. What's the best job you ever had? Why was it the best?
11. Finish this sentence, "People sometimes compliment me on..... ."
12. If we wrote an over-the-top bio for you on the back of a book, what accomplishments would we include?
13. If you scrolled through the photos on your phone, which ones would light you up?
14. What's the best gift someone has ever given you?
15. What's a gift you've given yourself?
16. What's the biggest goal you've ever accomplished?



17. What's the smallest joy you could put on this list?

18. What are your hobbies?

19. What's the best thing that happened to you in the last 12 months?

20. What makes a good day at work a good day?



JON'S BEST MOMENTS LIST EXAMPLES

Want a little bit of inspiration as you work on your list? Here are 30 items Jon has on his list which will give you some fun ideas about items you might add to yours.

1. The day I got married.
2. The day I skied alone at Deer Valley when my buddy who I was visiting couldn't make it. I skied the same run over and over again while listening to music and diving in and out of the woods. It felt dangerous but safe at the same time.
3. Walks with my good friend Ben Fleming in the woods.
4. Throwing Frisbee in the street with LE, especially when she suggests it, or throwing it on the beach at Thanksgiving.
5. Just seeing Rob Sentell. Doesn't matter where I am, it makes me happy to run into him.
6. Driving home from speaking events. Getting on the highway from the airport feels like I accomplished something difficult and it's really satisfying. Walking through the Nashville airport as I am headed home after an event is like that, too.
7. That first moment when we walk down the beach after a long drive to get there. There's a house with a boardwalk and you crest the dunes and then there it is, the entire ocean unfolds before you.
8. Walking down main street of Disneyworld when it first opens in the morning. Everyone is laughing and waving at you.
9. When you arrive at a hotel late at night and don't really know what it looks like and then get surprised by it in the morning.
10. When I see the lights in the driveway and it means my kids have driven home safely from somewhere. And I know they're going to come in, sit down and tell me stories about their day and their life.
11. Finishing a whole notebook of ideas. Just having my notebook with me is satisfying but when I get to the last page and I've done it, feels great.
12. Cleaning my office and knowing that it will be waiting for me tomorrow.
13. Watching the hours stack up on a big goal like writing a book.



14. The motivation that a deadline gives me. For example, coming up with a “Before Spring Break” list and then working against it. It helped me turn in chapters for a book, record videos, get 8 crossfit work outs in and finish a novel I was reading because I wanted to bring a new one on the trip. So, it helped me with Career, Health and Fun goals.
15. Doing ski club when I was in middle school.
16. My dad’s enthusiasm for the “ground is lava” game on playgrounds when I was a kid.
17. Discovering great fiction book series like the Wheel of Time, Walt Longmire, and Louise Penny.
18. When LE would run down the yard into my arms in the front yard of our first house in Alpharetta when she was a toddler.
19. The excitement and anticipation of being prepared for the weekly Wednesday meeting at AutoTrader. It shaped the whole week and I loved walking into that ready to go.
20. Unwrapping a new notebook and setting it up.
21. When a new month starts and I have a fresh 30 days at my disposal.
22. When LEGO announces a new set that is coming out soon.
23. Getting our mail. Just opening our own mailbox is fun to me. Who knows what I’ll find in there?
24. The walk home after a run in the neighborhood. That cool down run is my favorite part.
25. Checking things off a list.
26. When I hear an idea or joke that’s so good it makes me clap my hands. Example: Brad Montague saying that he asks himself, “Am I creating from love or for love?”
27. Getting up earlier than my family in the morning and getting a head start on the day.
28. Seeing birds on the bird-feeder.
29. My Benchmade pocket knife. It makes me feel like a little kid again and I love that it’s bright orange.
30. Filming the video every Christmas with the women at Thistle Farms. I love how excited they are to see me and how fun it is to know we’re leaving an impact on that non-profit.

