
100+ Goals

As you sit down to seriously contemplate what you'd like to have manifest in your life, use this list as an idea generator to help expand your list.



They're intentionally written as quite general so you can get more specific relative to your level of interest. For example, "downhill ski in Switzerland" is rather broad. If you have a strong passion for skiing or Switzerland, you'd likely be more specific about the town, resort, or length of your visit. Yet other statements are "fill in the blank."

Allow yourself to dream. Dream **BIG**...and have **fun**!

Sports & Adventures

1. Experience zero gravity
2. Scuba dive alongside a friendly whale
3. Swim with dolphins in the wild
4. Downhill ski in Switzerland
5. Go heli-skiing in Western Canada
6. Camp under the stars in the Grand Canyon, USA
7. Ride a motorcycle across Germany
8. Enjoy a weekend of "snow-camping" in the mountains (Europe/Canada/USA)
9. Finish a (triathlon, ironman, marathon)
10. Earn a black belt in (choose a martial art)
11. Attend the Olympics
12. Complete a full Camino de Santiago pilgrimage
13. Go ice fishing

14. Complete a rock-climbing course

Travel

15. Be invited to stay on Necker Island

16. Vacation 1 week on a 100' luxury yacht

17. Tour through Amazon jungle

18. Tour through Haida Gwaii, Canada

19. Tour Sweden

20. Visit Hong Kong

21. Visit Poland

22. Bicycle trip in Southern France

23. Stay in a countryside castle in the U.K.

24. Celebrate and stay a weekend at the Ritz Carlton Laguna Beach, California USA

25. Dine at a Michelin 3-star restaurant in France

26. Scuba dive around the Galapagos Islands

27. Scuba dive the Jardines de la Reina, Cuba

28. Scuba dive the Great Barrier Reef, Australia

29. Explore Vietnam & Cambodia

30. Go horseback riding in Holland

31. Stay one week at Sandals Grande Antigua (or fill in the name of another romantic spot!)

32. Be part of an overnight safari in Africa

33. Participate in a one-week bicycle tour in Portugal

34. Visit all 7 continents

Income & Net Worth

35. Have a passive income of (insert amount and currency) per year

36. Have (insert number) sources of passive income

37. Have a net worth of (insert amount) by (insert date)

38. Generate (\$ x) online in one month

39. Have zero personal debt

40. Own a 50-unit apartment building in (insert name of town, city)

41. Own the building/unit/warehouse where my business runs

42. Own a luxury waterfront condo in (insert name of city)

43. Own an oceanfront home (describe)

Business

44. Speak at an (industry conference, company annual meeting, local community event)
45. Join toastmasters and present my first speech
46. Write and publish an ebook
47. Get cast as an extra in a film, tv show, or commercial
48. Be interviewed by (insert name) on his/her (TV show, podcast, radio show)
49. Have our business win an award for.....
50. Create and deliver a Ted Talk (or Tedx Talk)
51. Have 1 million social media followers
52. Have my core team meet for a semi-annual retreat and planning session in a fun location (Caribbean island, Austrian ski resort, etc)
53. Be on the cover of a (insert name of magazine) with a positive message
54. Have a house cleaner who cleans my main house once a week
55. Publish an ebook
56. Publish a print book
57. Create and launch a podcast with over 10,000 subscribers

Family & Relationship

58. Have (insert number of) close, treasured friends
59. Have a life partner
60. Be part of a powerful, productive mastermind group that meets on a regular basis

People to Meet

61. Meet the Dalai Lama
62. Be personally introduced to my country's prime minister/president/head of state
63. Have lunch with musician Yanni

Just for Fun

64. Appear in a movie
65. Own a professional camera and learn how to take world-class photos
66. Attend the Academy Awards and arrive walking on the red carpet
67. Have awesome seats for a (insert name of your favorite band) concert
68. Attend a murder-mystery dinner
69. Learn how to sing from a skilled voice coach
70. See a Cirque de Soleil show
71. Hire a personal shopper to co-create my new wardrobe
72. Cook with a celebrity chef (insert name)
73. Extract honey from a beehive
74. Perform in a play (or lead role depending on your desire)
75. Have a 50+ bottle, temperature-controlled wine collection
76. Fly out my (sister/brother/friend) first class to visit and join me in a spa
77. Have a cameo in a music video
78. Take my mom/dad/friend/partner to a professional (insert name of sport) game
79. Experience New Year's Eve in Times Square from a private space (balcony, hotel room, etc)
80. Speak conversational Italian
81. Speak conversational Spanish
82. Enjoy an excellent lunch on a 100' or bigger yacht
83. Ride in a hot air balloon
84. Take tango lessons in Buenos Aires, Argentina
85. Drive (own) a high end sports car (Lamborghini, Maserati, etc)
86. Live in (insert country) for one year

Giving

87. Help build a school in a developing country
88. Volunteer a minimum of 3 hours a week with a charity
89. Join a (insert name of an international service organization - ie Rotary, Lion's Club, Kiwanis, etc.)
90. Volunteer helping animals (shelters, reserves, clinics, farms)
91. Sponsor a child in need
92. Create and fund a foundation

- 93. Donate blood
- 94. Give a university commencement address

Personal Development

- 95. Read 1 non-fiction book per month for 12 months
- 96. Attend one personal development seminar per quarter
- 97. Be an active participant in a mastermind group
- 98. Learn (name of language) in (name of country) for 3 months
- 99. Take a (type of course) in (location)
(cooking in Florence Italy, scuba diving in Galapagos Islands, etc)

Health

- 100. Maintain a body weight of approximately (insert number)
- 101. Complete a marathon
- 102. Complete a triathlon
- 103. Learn to swim
- 104. Weigh my ideal weight of (insert weight)
- 105. Have (and use!) a personal gym in my home
- 106. Live to be a mentally and physically healthy centenarian
- 107. Go on a one-week yoga retreat in Hawaii

