

GOALS FOR 2016	OUTCOMES DESIRED	EMOTIONAL LEVERAGE	SUPPORTED HABITS
EXPAND THE MIND			
Read 24 books	Read 6 Classic Fiction, 12 Non-fiction, 6 TBD	Feed my writer's appetite for quality books	Critical Thinking
Complete 2 online courses	Complete 'Six Appeal Process' & 'Guest Blogging' eCourses	A brain that isn't actively learning is a dying brain	Lifelong Learning
Cultivate new musical tastes	Identify three previously unidentified bands I like	Disco is dead, Barry.	Being Kind / Embracing Play
CULTIVATE AWARENESS			
Meditate daily	Disciplined practice / Sacred time for me	Be more Buddha-like	Healthy Choices / Being Kind
Daily gratitude practice	Include gratitude journaling in my notebook daily	Open to the world and never be disappointed	Being Kind
Help someone every day	Perform a random act of kindness each day	Be the change I want to see in the world	Being Kind
HEALTH & VITALITY			
Walk / jog 30' each day	Lose 30-40 pounds	Inactivity = FAT BELLY	Healthy Choices
Refine nutritional plan	90% plant-based diet (Fish in in moderation)	Meat = Cruelty and eventually, dementia	Healthy Choices / Being Kind
Daily yoga practice	Touch my toes with feet flat on the ground	Whoever heard of an egg-shaped yogi?	Healthy Choices
CHILDLIKE PLAY			
Travel internationally	Canada, UK, TBD	I'm not getting any younger	Lifelong Learning
Plan and take 2 MC trips	1 with Ben / 1 with Bill	Be the BadAss!	Embracing Play
Attend 3 concerts / theater events	See new favorite bands live (identified in earlier)	Love (and good music) is all you need	Embracing Play / Being Kind
DOING THE WORK			
Research and write & publish two additional books	1 Memoir, 1 Fiction	Writing = Sanity	Critical Thinking / Embracing Play
Create 2 new online courses	2 premium, short-term subscription eCourses	Teaching = Fulfillment	Critical Thinking / Embracing Play
Land 4 consulting gigs	One gig per quarter	Revenue = Food	Critical Thinking / Embracing Play
THE MATERIAL WORLD			
Maintain 1 motorcycle	Give Ben the BMW R1100 RT if he wants it / Keep the R1150GS for me	Quality over quantity	Minimalism / Being Kind / Embracing Play
One in / One out	Offset every addition with a donation	Walk softly on the earth	Minimalism / Being Kind