



## ***SET WORTHY GOALS THIS YEAR!***

The **Five Ws** or **Five Ws and one H**, are questions whose answers are considered basic in information gathering. They constitute a formula for getting the complete story on a subject. They are also great in helping identify and conquer life's mountains! Ok, we're not talking about physical mountains (unless your goal is to climb an actual mountain). We're talking about your New Year's resolutions, your short-term and long-term goals, your expectations for your future, and the very purposes of your life.

You may have learned the Five Ws in school as Who, What, When, Where, Why and How. We are keeping with these, but are shifting them up just a bit to make them more useful in conquering mountains. Take some time to work through this guide as you set your New Year's goals. Live Life on purpose!

### **WHAT    WHO    WHY    HOW    WHEN    WHERE**

**WHAT** – What do you want to accomplish? What is your goal? It's that simple. Now write your goal down on a piece of paper, a note card or post it to social media. Make it visible so the *mountain* you want to conquer is clearly before you.

Examples of *what*: Pay off debt. Quit smoking. Lose 10 pounds. Serve one hour each week. Write a book. Take my family on vacation.

My What: \_\_\_\_\_

**WHO** – Who are you doing the *what* for? You are more likely to conquer your mountain if you are doing it for someone other than yourself. Selfish goals often turn out to be volcanoes instead of mountains. They have a tendency to build up pressure, explode and cause lots of destruction. (Note: Identifying the *who* often changes one's *what*.)

Examples of *who*: Jesus, spouse, those in need, parents, friend, co-worker, kids.

My Who: \_\_\_\_\_

*Once you have identified the WHO, let them know and ask them to help keep you accountable in conquering your mountain.*

**WHY** – Why are you choosing your mountain? What is the motivating reason you want to make the climb? The *why* connects the *what* and *who* so you have the perseverance to keep climbing.

Examples of *why*: I want to pay off debt so I can do more for those in need. I want to quit smoking so I might live longer to enjoy the ones I love. I want to lose 10 pounds so I can be more active with the grandkids.

My Why: \_\_\_\_\_

**HOW** – How do you plan to conquer the mountain? Be specific with your *how* steps. Being clear about your *how* will save you a lot of hard work and disappointment. Imagine there is a parrot on your shoulder and the only word he knows to say is “how.” Every time you say something you are going to do the parrot responds with “how.”

Example of *how*: I want to pay off debt. “How?” By starting with a budget. “How?” By finding one online. “How?” By searching for ‘How to make a budget.’ “How?” By typing it into my internet search engine? “How?” Take the entire *how* steps and make a plan.

1. Search for and print a budget form.
2. Fill out the budget form.
3. Identify areas of spending and changes that need to be made.
4. Make a plan to reduce spending (or increase income).
5. Ask a friend to hold me accountable.

This may seem a bit tedious but you can actually move through a whole set of *how* steps in a matter of moments. The goal is to identify the next *how* step in the process. (Note: Your *how* steps may change as you journey to the peak of your mountain, just be sure to keep climbing.)

My next How step is: \_\_\_\_\_

**WHEN** – When will you complete your *how*? This is a specific time. You will likely never start climbing your mountain if you do not set a date and time to get started. A timeframe such as “by the end of the year” is too vague. When is the specific time? Put it on your calendar!

Example of *when*: Every other day at 6:00am. The first 30 minutes of my lunch break. Tuesdays at 8:00pm. Before I go to bed each night.

My When: \_\_\_\_\_

**WHERE** – Having a physical location makes a difference (having an accountability partner meet you there is even better). If you were to climb an actual mountain you would need to identify the geographical location of the mountain and then the specific point where you would start your climb. What is the physical location you are going to be accomplishing your *what*? (Note: It may be helpful to identify an “anti-where.” This is a location you will not visit. For example, if you are trying to quit smoking don’t go out for a smoke break with your co-workers and assume you won’t be tempted to smoke.)

Examples of *where*: Kitchen table, library, community food pantry, gym.

Examples of *anti-where*: Instead of going to the smoking area on my break I’m going to take a 10 minute walk. Instead of shopping at the mall I’m going to volunteer an hour of my kid’s school.

My Where: \_\_\_\_\_

**Celebrate and have fun!** There are a lot of serious mountains you should climb in life but that does not mean you shouldn’t have fun along the path. Invite others to journey with you, take time for rest stops and celebrate the mini-peaks you reach along the way.

Now is the time to Conquer Life’s Mountains!!