

# Who you are is more important than what you do

Instead of being one goal, such as be healthier or be richer, the concept of the list is to identify who you want to be and how you will get there. By shifting the language to "to be" rather than "to do" helps highlight the power of your mindset. Asking questions like: "What makes me the best version of myself? What are the states of being that give me the most joy and fulfillment? How do I want to experience life?" will help you become to who you want to be.

## PART I: DEFINING WHO YOU WANT TO BE

Consider breaking your goals into self, relationships, work, and community. Think big picture: yearly, monthly, weekly, and daily goals.

## PART II: DIVING DEEPER

What are the feelings or emotions associated with each goal? Ex. My goal is to lose 10 pounds --> I want to feel healthier, energized, stronger, etc.

## PART III: Refine & Reflect

Think about words or phrases that leave you feeling inspired and energized. See some of our examples below:



## MY TO BE LIST

Look at your above lists and find common themes or connections. Use this space to create your own TO BE list. Feel free to continually add to it and keep it on your desk as a reminder. Remembering that you are more than what you do is a key part of looking at yourself and living optimistically. By doing this, you are able to give yourself more grace, compassion, and ultimately live with more fulfillment and joy. Who do you want to be?

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