

# THE LISTS

My Turn To Win Personal Achievement Workshops

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## **THE NINE QUICK THINKING GOLDEN QUESTIONS**

It is very important you not spend more than 30 seconds on each question

1: What are the FIVE things that you value most in your life?  
(Things you would fight for. Things you would die for)?

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2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

List the THREE most important goals in your life.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. What would you do if money were no object; you had no mental, emotional or physical hang ups preventing you from doing it, and you knew that you absolutely could not fail.

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4. If the doctor called you and told you that you only had 6 months to live, what would you spend those 6 months doing? How would you live your life?

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5. What are 3 things you have always wanted to do but were afraid to try?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

6. What do you do that makes you feel the very best? What do you do that fills you with self confidence and self worth more than anything else that you do?

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7. If you actually were granted one wish, anything that you could wish for (but only one), what would you wish for?

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8. What would you say was your one definite purpose in life?

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9. What is the next goal that you are going to work on?

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**He moves easiest who has learned to dance  
Alexander Pope**

## **INSTRUCTIONS ON USING THE LISTS**

### **WHY ARE WE DOING THIS?**

One of the reasons we have a hard time setting goals we don't know what we want. The quick thinking list you just filled out should help get you started on that. Some times we just can't think of anything else that we want to have or be or do. Have you ever felt that way? Other times it is lack of self worth. Many of us have a low self worth or low self esteem. We do not think we have anything of value inside us. We do not realize the power of our potential. When you are done you will just be amazed at yourself. These lists will help you see a vision into the future that ignites possibilities. It will help you learn how to dream.

### **SELF-BRAIN STORMING:**

Take the first list and just start writing. At first it might be hard. You may only think of one or two items. Don't get discouraged and quit. Just sit and think about it. It may take you several tries over several weeks to fill in the lists. I promise you that just like in a group brain storming session, as you start thinking and remembering things from your past, those thoughts will stimulate other thoughts. It is best to work on these lists one at a time until you have done all you can for that session. Then the next session you may want to go to a different list or go back to the one you started until you have all 50 items listed. Once you have done more than one list, you mind will keep flashing back to things on the other lists that you have forgotten. Sometimes items will flash into your mind, even in the middle of the night or while you are taking a shower. The lists will grow and grow as you work on them. Don't worry that you don't have all 50 items on every list. Just keep working on them until you do. Some people keep going and add 100 items. It is up to you. But this will help you with your goal setting more than anything else you can do. It will help you find areas of interest and then you can begin the process of setting goals you can achieve. It is a proven fact that something flashes into your mind and you write it down, you have the ability to find a way to achieve that if you really want to. I would say that is quite a promise. As Dale Carnegie said in *Think and Grow Rich*, "Anything the mind can conceive and believe it can achieve."

### **USING THE LISTS:**

Start with the first list. Write as many things as you can think of then go to the next list. Don't get stuck on one list. Come back to each list until you have at least 50 things. It may take you a couple of weeks to complete this assignment. Remember that when you set goals, 60% of your goals should be "TO BECOME" goals; not "TO HAVE" goals

If you will write these nine lists down as I have asked you to do and then read them and work on them, they will create the power within you to change. They will help you believe in finding your dream and your dreams will come true. I can tell you from that from my own personal experience, and from my experience in helping many other people to do it as well.

**(NOTE: IT IS BEST TO PRINT THE LISTS OUT ON SEPARATE PIECES OF PAPER SO YOU CAN CARRY THEM AROUND WITH YOU IN A NOTEBOOK AS YOU WORK WITH THEM.)**

**LIST # 1 - SKILLS - TALENTS - THINGS I CAN DO WELL ALREADY:**

Something that will help you set goals is to think of things that others have told you that you are good at. Think of things that you have been complemented on after doing them. That will start your thinking process.

Some examples of things that you might put on your list:

- 1. Able to talk to others easily
- 2. Very skilled at driving a car
- 3. Can find my way around in any strange city
- 4. I am very patient with animals and can teach them
- 5. Able to give talks before groups with little preparation

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## List # 2 - SKILLS – TALENTS I WANT TO DEVELOP

This second list will be a list of talents you want to have. Skills you always wished you had. To fill out this list you might say, I want to know how to:

1. Play the piano
2. Sing in church
3. Program Computers
4. Be a peace maker at work
5. Play an under par game of golf

This list should be a serious list of things that are predominant in your mind. They are wants that are always there. They are things you keep saying, "I wish I could....." Now write 50 of them down on the list below.

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### List #3 - SPECIALIZED KNOWLEDGE OR EDUCATION I HAVE ACQUIRED ABOUT THINGS

This list is different from the skills and talents list. Specialized knowledge is something that you have learned. They are things that you can say you know more about than the average person. These are things you "know a lot about" rather than "being good at doing". For example, to fill out this list you could say, I know a lot about:

1. How to teach others how to fix cars (verses the talent of being good at fixing them)
2. Accounting, I have a college Degree in it
3. Stock market trading
4. My ancestral heritage on my family tree
5. Selling insurance

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**List #4 - SPECIALIZED KNOWLEDGE - THINGS I WANT TO KNOW ABOUT:**

This list will be the things that you want to know a lot about or have specialized knowledge about. Things you want to learn or study. Maybe even become and expert in.

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## List # 5 - LIVING PEOPLE I KNOW –OR I HAVE KNOWN

As you start making this list, you will see how it will help you with networking. That is one of the most important principles of success you can learn. 75% of all jobs in the job market go to people who knew people before they ever were posted on a job board. Networking can be a powerful tool. Networking is communicating with people you know. An example would be that you tell your uncle Bill you are working on this project. He says he just happened to meet someone yesterday that is doing that same thing. You meet them and they have the very key to help you solve a problem with the project you could not solve. If you had not mentioned the project to your uncle Bill he would not have known to tell you about who he just met. That is networking. Networking functions through all the people that you know.

Start with your mother and father if they are still living just to get started. List every person in your family. List every person you have ever worked with ever! List every person that you have met as a neighbor where you used to live. Make this list pages and pages long. This list of people will become invaluable to you. Don't neglect it. List every living person you now know and every living person you can ever remember knowing. Grade school teachers, friends, relatives, work associates, list them all. This list normally will end up being several hundred.

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## List #6 - LIVING PEOPLE I WANT TO MEET

It is very important that you not restrict your thinking on this list. If you would like to meet the Queen of England some day, then put her on the list. If you want to meet someone that it may seem impossible for you to meet right now, put them on the list anyway. This is a list of people you would like to meet if there were not obstacles to stop you from doing it.

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## List # 7 - PEOPLE I WANT TO BE LIKE (LIVING OR DEAD)

This list has two purposes. It will become the list of mentors. The people on this list do not need to be people who are living. List the people here that you would like to know or have attributes like in your life. When you make this list include living people that you would like to meet and get to know. Don't be afraid to be outrageous, for example the Queen of England. If you have ever wanted to meet her in person then list her. Do you dare to dream a little? List every person you have ever wished you could meet and get to know and learn from. Yes it is OK to list Bill Gates. Can you see now how this list in particular is starting to push your dream button in you mind.

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## List #8 - THE THINGS I USED TO LOVE TO DO AS A CHILD

Of all the lists you have made so far, this is the most important. Many studies have been done on children at play, adults at work and the relationship between them. The things that you used to love to do as a child should have become your occupation. Sadly that is not the case for many of us. This is a very critical list. Start with as young as you can remember and list everything that you remember as a child that you used to love to do. Did you know that is why the Boy Scouts have merit badges? It is to help the boys try a great variety of things to help them learn what they like to do in life. As you make this list, your "Dream Machine" will start to come into full play. You will find great joy in making this list. When you are done, this list will give you more power to dream than anything you have ever done in your life. As you review it, it will bring feelings of joy into your soul more than you have ever imagined possible.

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## List #9 - THINGS I WOULD DO IF MONEY WERE NO OBJECT

This last list will launch you off into a new world of joy and happiness that you only hoped could be possible in the past. You must be totally serious about making a list as directed. It will create a miracle in you! Write down the very things that you would actually do if you just won a 50 million-dollar lottery. Be serious, yet outrageous! It will ignite your dream machine. List anything you want; things that you would actually do if you had all the money in the world. This is the beginning of your learning how to dream. Write those things down you almost don't dare say out loud. Close your eyes and visualize yourself doing them as you write. Have fun with this list. Remember this is just a dream, right? But I hope you realize that studies have shown that anything you can write on this list and believe you can achieve. That is quite a promise.

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**NOW IT IS UP TO YOU:**

The lists will now help you to start being able to set and achieve goals. These lists will help you see what you really do want and what you are capable of becoming. You have to desire to be different than you were and these lists will help you do that. Start with the first list. Print the lists out and carry them with you for a few weeks. You will find that new items for the list will just pop into your mind in the strangest places. This exercise will help you to create awareness of your potential. It will help you move from wishing to action. These lists will be the ignition to change your life for the better.