

Developing the Quality of Life Statement for your Personal Comprehensive Goal

Part 1a - What do you value about your life? (e.g. I value my family, assisting others, working outside, having diversity in my job duties, learning new things, spending time outdoors, free time, etc).

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What things energize you in your life?

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What do you want to contribute to your family/friends, your community, the world?

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What do you love to do in life and/or what rejuvenates you?

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Describe your ideal economic situation (e.g. debt free, enough to meet family needs, comfort, etc). It may also be helpful to think of what money provides for you (e.g. security, ability to travel, ability to help others, give to causes, etc).

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Define the relationships you desire with any or all of the following: significant other, partners, family, friends, co-workers, others.

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How would you like to be in terms of health (physical, mental &/or spiritual)

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Part 1b - Write down *at least three quality of life statements* below or on the “what you must produce worksheet”. Use the Example(s) provided for help. Utilize the information you recorded earlier in the ‘Quality of Life Exercise’ in writing these statements. Be sure to include (1) what you like to do with your time, (2) relationships, and (3) financial aspirations. Think in terms of “How you want your life to be”. All statements should be in the *PRESENT TENSE*. Ask the question, “Why”, as in, “Why do I want this?” Keep asking “Why?” until you can’t dig any deeper, then you have probably found the core value you are looking for.

Developing what you must produce or create for your personal comprehensive goal

Part 2 – For each **quality of life statement** on the Part 1b sheet (or the lined worksheet), define **WHAT** you would need to “create or produce” to be able to realize or achieve these quality of life statements. Do not get hung up on the specific **HOWs**, these will come later. (e.g. I work outside around small livestock..., NOT I own a sheep farm and sell lamb at farmers’ markets...) Again, use the Example(s) provided for help.

Developing what the Future must be like for your personal comprehensive goal

Part 3 - Imagine the **future landscape** where you live, so that your **decisions can create** it!
Again, use the Sulco Decision Case for examples.

Describe the condition of your property and the land that surrounds you and how it has to be to sustain the desired life you described earlier.

What types of flora and fauna are present on your property? Is there diversity? What condition is it in?

What do you see when you look down at the ground? Is the ground bare?

Now let's think about **YOU**, imagine how you need to be viewed by others! How do the people whose support you need describe you? How do they describe the **decision makers** and **other people who represent** your farm, to sustain the desired life you described earlier?

Now imagine your **community** now and moving into the future. What is it like? What services, businesses, etc, are present? What are the people like?