"Fabulous Fifty"

by Jan D. Andersen, PhD

Make a list of 50 things you would like to accomplish in your life. Don't worry about prioritizing your list until after you've completed it—later you can assign numbers based on most important (#1) to least important (#50). You may list simple things, like reading a specific novel, and/or grand things, like climbing Mt. Everest. However, don't list 50 books to read, or 50 countries to visit (maximum of four items in a specific category like reading, travel, meeting people, etc.). Your desired accomplishments may be of any nature (financial, relational, spiritual, materialistic, self-improvement, etc.).