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McKinley, 2007



North Pole, 2008



Elbrus  
2005



Aconcagua  
2008



Mt Everest  
2010



Carstensz  
Pyramid  
2007



Kilimanjaro  
2003



South  
Pole  
2008



Vinson Massif  
2007



# What Makes a Goal Truly Exciting?



# What does an exciting goal look like?





# Why do you need an impossible goal?





# How to achieve an impossible goal?







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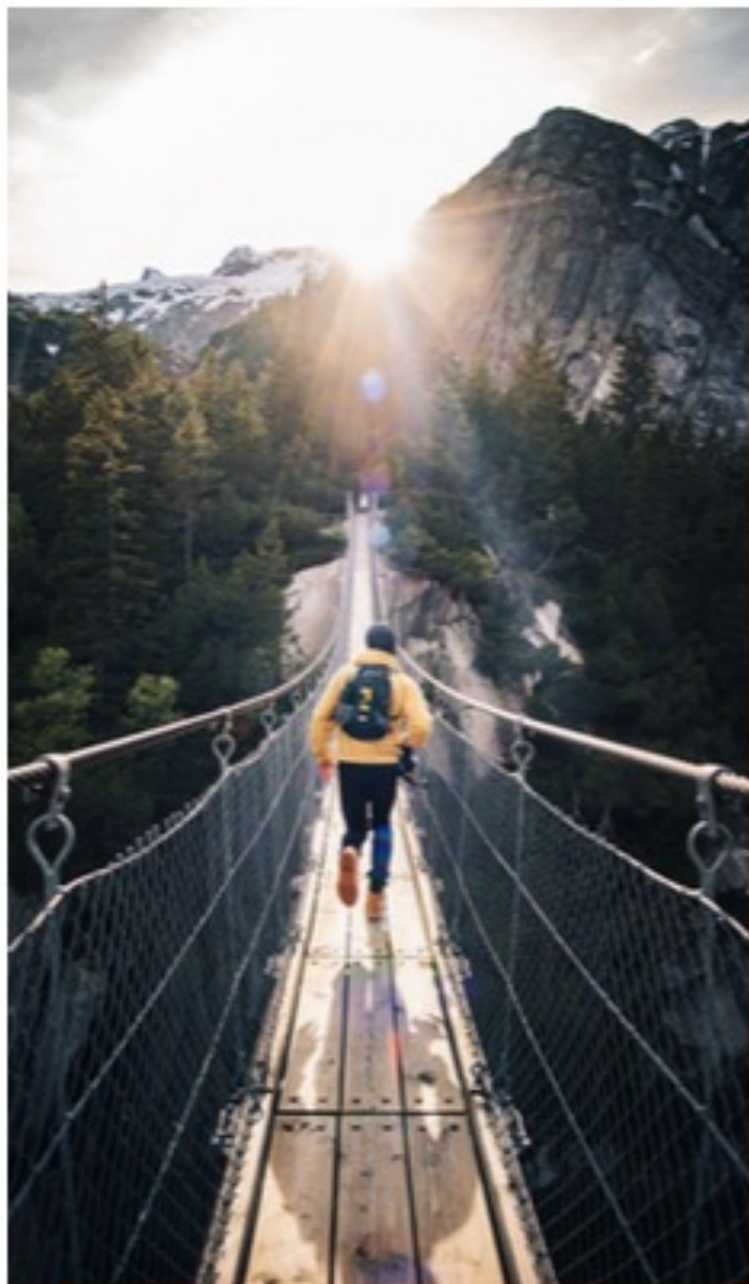


# GET EXCITED!

10 Tiny Steps to Make Every Day More Exciting







3.

## JOIN A COMMUNITY THAT INSPIRES YOU

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Join a group or community of like-minded people that share similar goals/interest. You could gain knowledge, ideas, perspectives, connections, or simply emotional support.

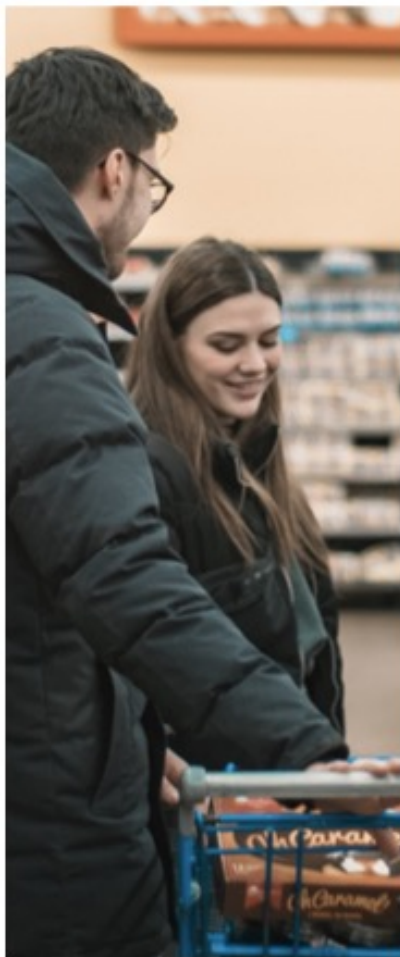
**Examples:** Self help, hobby, fitness, extra curricular, learn something together, networking



## DO AN ACT OF SERVICE UNEXPECTED FOR SOMEONE

Helping others gives ourselves more meaning of our life and brings us more joy.

**Examples:** Offer to do a clean or repair job for your neighbor; offer to do grocery shopping for elderly people in your community; Deliver a product/service to your client ahead of schedule or beyond what was asked for.



6.

### SEND SOMEONE A GIFT

A gift to others is a gift to your own soul.

**Examples:** A card or thoughtful gift for someone who is living isolated or feeling down because of life circumstances; Add a bonus gift to your customer's order.





**<https://JourneyWithLei.com/FreeGift>**

**Facebook Group: Motion212**



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# How to set an exciting goal?





# Exercise 1: An Exciting Goal for Q2



## Exercise 2: An Exciting Goal for Your Life

