



**#SELF-ACADEMY**  
with Irina Romanenko



## **УРОК 6. ЦЕЛИ**

**ТЕМА 1.  
ТЕКУЩИЙ  
СЦЕНАРИЙ**

**Online course Master of Games**  
**Topic 1. Current Scenario**  
**Lesson 6. Goals**



## Subject

In this lesson, we will talk about your goals in life at this point in time. We decompose your Vision (or global Meta-Goal) into subsidiary goals by the five main life areas that we talked about in the last lesson.

## Goals

By the end of the first module, you have formulated your current:

- Vision: What am I striving for?
- Meaning: Why do I need this?
- Mission: Who am I today? What am I doing now?
- Identity: Who am I really? What I like? What do you do well? What is my uniqueness?
- Values: What are my priorities now?
- Well-being assessment: What is my result today in the main areas of life? How happy am I now?

The purpose of this lesson is to formulate your current desires and dreams in the main areas of life and choose measurable indicators for them, i.e. try to translate desires into goals. You also decompose your global Vision (meta-goal) by sub-goals for the five life areas.

## Video

[Playlist. Theme 1](#)



## Additional materials

Video (10 minutes): How to know your future?

<https://www.youtube.com/embed/LL7bWwCd2Og>

Video (5 minutes): Karma or destiny? gene memory.

<https://www.youtube.com/embed/KDR2BnNv7Lw>

Video (6 minutes): How to change your future?

<https://www.youtube.com/embed/mqFVV5HUAqw>

## Assignment

Exercise 1: Dreams and desires in the moment.

If you had a wizard, what dreams and desires would you like to realize in the main areas of life:

- Health (body, mind, soul)
- Love and Family (partners, children, parents)
- Relationships (social, professional, business, political)
- Finance (salary, business, investments)
- Knowledge (education, profession, languages, skills)

Briefly state what you want to achieve in five areas of your life. Try to define a specific, measurable metric for each of your dreams or desires. If you manage to do this, then your dreams and desires will become your goals.

## To do:

- 1) Upload the file to the Facebook group. Copy the link to the file in the group into the answer window for this lesson. In the name of the file, indicate the topic, lesson and name.
- 2) Describe how you felt when you did the exercises.
- 3) Write what you liked, what can be improved.
- 4) Rate the lesson on a scale of 1 to 10.