Next:
Common use cases

Micro Method

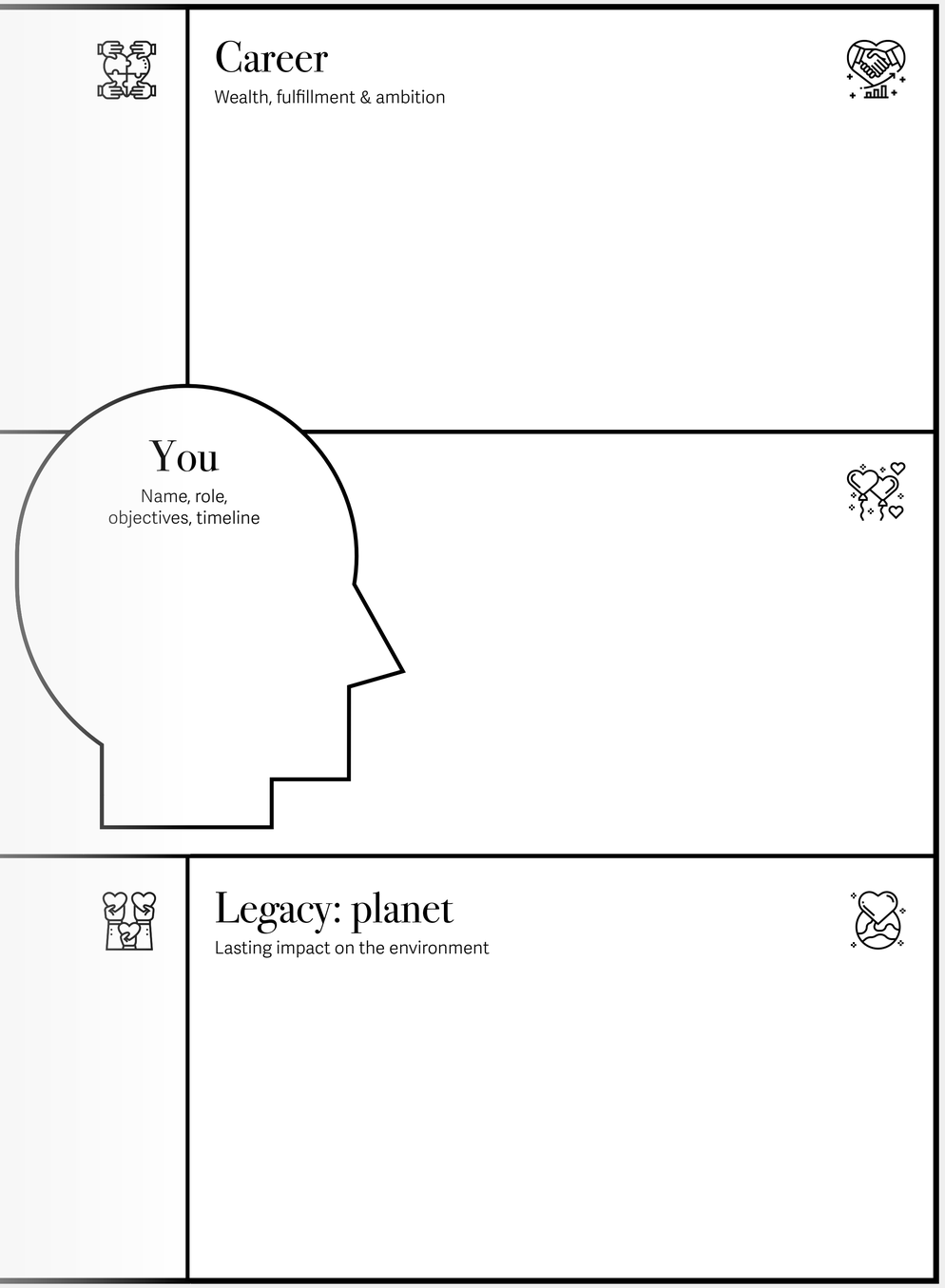
Long-term Personal Goals v 0.2

Design a future where your personal and professional ambitions are fully aligned towards leaving a lasting impact on society and planet.

Redefine your role, rebalance priorities, and reconnect with your purpose to ensure your vision, values, and legacy all work together in harmony.

- Team role
- Career
- Personal life
- Legacy: Society
- Legacy: Planet

Learn more at **project-align.org/personal-goals**



Project Align!
Project Align! is licensed under CC BY 4.0 by 2050 & We Are Human
Co-created by
2050 & We Are Human
project-align.org
We are human

Long-term Personal Goals v 0.2

Next:
Instructions & tips

Set Personal Goals to **help reframe commonly experienced tensions into long-term opportunities**

Tension

*I feel like my current role means **I can no longer meaningfully contribute** as our company has evolved to a new stage of growth!*

Opportunity

Redefine your role so it's aligned to the company's future.

- How does my personal and professional vision align to the company long-term?
- How can these goals help shape a role that meaningfully aligns my skills and passion to the company's needs today and tomorrow?

Tension

*I'm worried that **my personal goals, values and ambitions are diverging** from those of my co-founders and colleagues!*

Opportunity

Reconnect with co-founders and colleagues to align long-term ambitions.

- What aligned and misaligned goals do my co-founders or colleagues and I each have personally and professionally?
- How can we together use these goals to design a future that factors everyone in?

Tension

*I'm struggling to find a **balance between my personal and professional lives** and it's leading to me burning out!*

Opportunity

Create harmony at work and home to become the best version of yourself.

- What do harmonious personal and professional lives look like for me, and how do they help you strike a balance?
- How can these goals begin to be implemented today in order to work towards my ideal future?

Tension

*I know the legacy I want to leave behind, but I worry **I'm not on the right path** to achieving it!*

Opportunity

Map a long-term path that allows you to stays true to your lifetime mission.

- How does the reality of my personal and professional life today misalign with the goals I have long-term?
- How can I use these goals to make the necessary changes to create a stronger sense of purpose and feeling I'm on the right path?

Project Align!

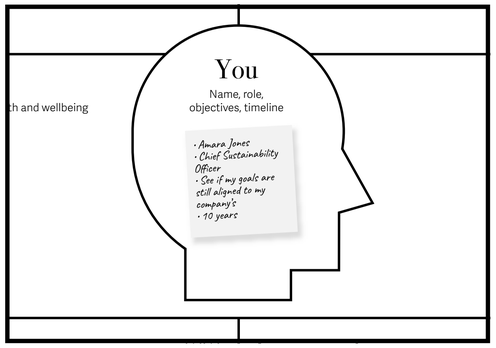
Project Align! is licensed under CC BY 4.0 by 2050 & We Are Human

Co-created by
2050 & We Are Human
project-align.org

Long-term Personal Goals v 0.2

Next: Set Long-term Personal Goals

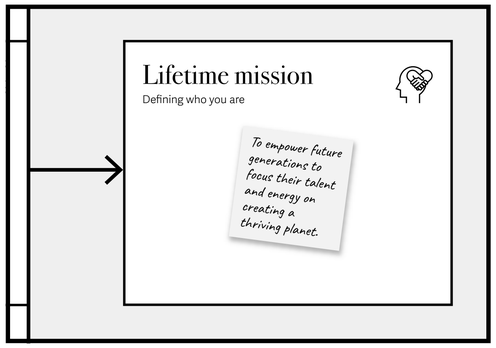
1



Start with you

Write your name, current role, key objectives for the activity, and a timeline in the centre. A 10-year perspective is recommended.

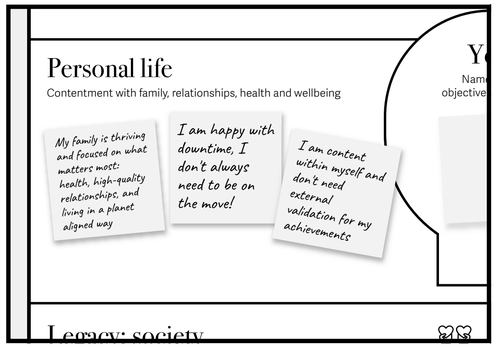
2



Define a lifetime mission

Reflect on who you are and the deeper purpose guiding your life and work, and write this as a short statement.

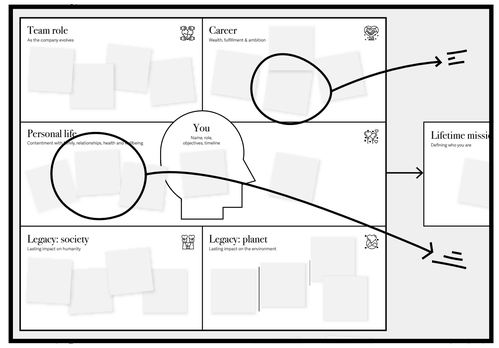
3



Set long-term goals

Explore each area by writing goals that help you consider how things look long-term in your team role, career, and personal life, and the legacy this leaves.

4



Highlight misalignment

Summarise areas of misalignment within your life or with those around you, and identify ways you can begin addressing them.

Tips for success

Be ambitious and realistic

Aim high with your goals, whilst appreciating it's a journey and understanding what's achievable now. A lot can change in a short space, but equally some things require time to experience the true benefit.

Be open and empathetic

Share with close colleagues, mentors, or loved ones to gain feedback. Invite co-founders and colleagues to complete their own, appreciating everyone's perspectives are shaped by their own experiences and middle ground might need to be found.

Personal compass

Translate your goals into actionable short-term steps to see immediate results, referring back during key moments to stay aligned with your broader purpose.

Use other Micro Methods

Complete alongside the Long-term Company Goals and 360° Impact Map Micro Methods to truly map your own future alongside your company's future.

Practical bits

- The Long-term Personal Goals Micro Method is the last page of this PDF.
- Use in the format most suited to your needs: print it out and scribble on top, scale to A1 and gather round with post-it notes, embed into Miro, Figma or your favourite presentation tool and type on top.
- Designed to be completed alone, it's recommended to openly discuss your goals after with co-founders and colleagues (who should also complete it themselves).
- Learn more at **project-align.org/personal-goals**

Project Align!

Project Align! is licensed under CC BY 4.0 by 2050 & We Are Human

Co-created by
2050 & We Are Human
project-align.org

We are human

Long-term Personal Goals v 0.2

Company:

Created by:

Date:

Team role

As the company evolves

Career

Wealth, fulfillment & ambition

Personal life

Contentment with family, relationships, health and wellbeing

You

Name, role,
objectives, timeline

Lifetime mission

Defining who you are

Legacy: society

Lasting impact on humanity

Legacy: planet

Lasting impact on the environment

Project Align!

Project Align! is licensed under CC BY 4.0 by 2050 & We Are Human

Co-created by
2050 & We Are Human
project-align.org