**January Mini Challenge – 10 Ten**

*Make 10 ten-year goals.*

The “10 Ten” Mini Challenge invites you to make 10 ten-year goals. Think about where you would like to be in 10 years. Where will you be in your profession? Where will you be in your family life? Where will you be financially? Write down at least 10 ten-year goals and put them somewhere you can see them periodically, or even daily.

Lewis Carrol, who penned *Alice in Wonderland*, said, “If you don’t know where you are going, any road will get you there.” Your short list of 10 goals will define where you want to go and will help you choose which road to take daily. Your goals will give you direction and purpose when you face rough times and will inspire you to go beyond what you would normally do when times are good. It will be interesting to see how many of your goals you accomplish and where your quest takes you!

*[See the "10 Ten" tracker on the next page](http://healthmatters.idaho.gov/pdf/MINI-CHALLENGE/2020/MiniChall_01.20_Tracker.docx)*

**Source:** [*102 Challenges*](https://www.wellright.com/wellness-resources/books) by Tad Mitchell, 2018 WellRight, Inc.

**January 2020 Mini Challenge – 10 Ten**

*Make 10, ten-year goals.*

**1.** Click or tap here to enter text.

**2.** Click or tap here to enter text.

**3.** Click or tap here to enter text.

**4.** Click or tap here to enter text.

**5.** Click or tap here to enter text.

**6.** Click or tap here to enter text.

**7.** Click or tap here to enter text.

**8.** Click or tap here to enter text.

**9.** Click or tap here to enter text.

**10.** Click or tap here to enter text.