

YOUR *Aha!*TM LIFE



My Top 10 Lists

An Accelerator for Your Aha! Life

In this Accelerator, you will identify your Top 10 lists as a way to discover what fuels you. As you complete each list, reflect on your choices and what they tell you about who you are and your interests and aspirations.



My Top 10 List – People

In this list, name the top ten people you've met or wish you could meet. The people on your list can be living or dead, people you know or someone you don't know.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the people from your Top 10 list and share more about who they are and why they made your list. What do you wish to learn or experience with this person?



My Top 10 List – Travels

In this list, identify the top ten destinations you have traveled or desire to travel.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the places from your Top 10 list and share more about that destination and why it made your list. What do you wish to discover or experience by traveling to this destination?



My Top 10 List – Books

In this list, share your top ten books you've read or desire to read.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the books from your Top 10 list and share more about that book and why it made your list. What do you wish to discover or experience when reading this book?



My Top 10 List – Foods

In this list, share your top ten foods you enjoy or want to try.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the foods from your Top 10 list and share more about that food and why it made your list. What do you feel when you eat this food?



My Top 10 List – Pastimes

In this list, share your top ten hobbies or activities you enjoy or wish to learn.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the hobbies from your Top 10 list and share more about that hobby and why it made your list. How do you feel or anticipate you will feel when engaging in that hobby?



My Top 10 List – Work Experiences

In this list, share your top ten work experiences/jobs you've held or desire to have.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the work experiences from your Top 10 list and share more about that work experience and why it made your list. How do you feel or anticipate you will feel by that work experience?



My Top 10 List – Charitable Experiences

In this list, share your top ten charitable or volunteer experiences you've had or desire to have.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the charitable/volunteer experiences from your Top 10 list and share more about that charitable/volunteer experience and why it made your list. How do you feel or anticipate you will feel by that charitable/volunteer experience?



My Top 10 List – _____

Create your own Top 10 List. Share a top ten list that is not listed above.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Now select one of the items from your list.
How do you feel or anticipate you will feel by that selection?

My Top 10 List – Summary

From your eight Top 10 Lists, reflect on the primary selections you made from each list. What do your choices reveal about you, your aspirations, and dreams for your life? Any surprises?
What are one or two actions you can take today to live your Top 10 Life?
