

Athens, Ohio

Mostly Sunny, High: 79, Low: 53

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## Make a life list

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Alex Moning has a lot of life goals. Actually she has about 50 of them.

Moning, a junior Ohio University integrated language arts and journalism major, started keeping track of her goals in a life list around middle school. She decided “just to make a list and go for it,” she said.

“It keeps me motivated,” Moning said. “(The list) makes me think, ‘One day, I will be able to do this.’”

So far, she has crossed off learning how to swing dance (she joined the OU Jitterbug Club last year). Soon she’ll be able to cross off donating her hair to Locks of Love once it grows a few more inches, she said. She might travel to Italy in December, nixing another goal off her list.

OU junior Ashley Andrews has had a life list since her senior year of high school, but she just started writing down her goals last year. Keeping a record of things she wants to do is fulfilling and makes her feel good, she said.

“It gives you something to look forward to. It gives a person something to strive for, to get done, and it gives you a sense of accomplishment when you have done something on your life list,” Andrews said.

A photojournalism and dietetics major, Andrews’ list is “kind of all over the place,” she said, ranging from sipping Cristal champagne to visiting the Great Pyramid of Egypt. She also really wants to ride a camel and learn how to hand-toss pizza dough.

And Andrews has checked off a few things on her list, too. Things she’s done include: backpacking through Europe, running a half marathon and visiting a concentration camp (Dachau outside of Munich, Germany).

The best of accomplishments come when goals are specific and challenging, said Caroline Miller, a life coach who works with people on goal-setting and positive psychology. Having a list helps clarify what you believe in, she added.

“You have a road map. That’s one of the things that’s so important,” she said.

Miller teaches people how to use the goal-setting process and how to clarify and create a path to their goals, even if those goals may be time consuming or long-term. One of her recent clients was in the financial services industry in New York City. Upon visiting Miller, the client realized that she really wanted to be a doctor because it would give her life more meaning, Miller said. The two figured out that the client would be about 40-years-old once she got there. Now she is in medical school working toward that goal.

Miller said that people with goals “tend to create an energy and exuberance that others find intoxicating.” A “ripple” effect emerged from her client’s courage to change her life’s direction, and many people approached her about how she found the confidence to attend medical school.

Miller herself has accomplished quite a few of the 100 goals on her life list. Her list is public on her Web site, [www.carolinemiller.com](http://www.carolinemiller.com). She’s working to deepen her meditation process (goal No. 27). She earned a black belt in a martial art (No. 13) at age 40, made a poncho that she then wore (No. 42) and earned a graduate degree in something she’s passionate about (No. 14). She’s still waiting to visit Machu Picchu (No. 17), wear a mascot’s outfit at a sporting event (No. 71) and be on 60 Minutes (No. 95).

Keeping a list helps Miller stay focused on her goals.

“You don’t know how it works until you actually have the list and go after it yourself,” she said. Geoff Carlston, OU women’s volleyball coach, said he believes in the power of setting high goals. It’s better to set a high goal and strive for it than to set a

marginal goal.

“If nothing else, (goal setting) just gets you thinking in a positive direction toward how you want to be and how you want to achieve things,” Carlston said.

Carlston’s players keep journals of their goals, including technical volleyball goals — such as improving an arm swing or passing form — and cultural goals, such as being the loudest at practice. He also encourages players to talk about their goals with a partner.

“As soon as you get (your goals) out there in the world, so to speak, I think it changes the dynamics,” he said. Carlston has kept a journal of his own since his freshman year of college, which he recommends because people tend to forget things. He’s completed a lot of his life goals, including running a marathon, joining the Peace Corps and living in another country.

He added that college students are at the perfect age to start striving toward their life goals. He completed a lot of his between ages 23 and 30, including finding a “real” job and settling down, he said.

Carlston contemplated joining the Peace Corps after college, so he turned to his grandparents and other people his grandparents’ ages for advice. Almost everyone he talked to said to go out and do it while he was still young.

“If these things are in you, you just gotta go do it,” he said. “The only things you’ll regret are not doing it.”

### **What are your life goals?**

Raise children “that make the world a better place”

— Bruce Dalzell, local musician

Be more patient and take tennis lessons

— Ellen DeGeneres, actress

Take ballet lessons

— Beyoncé Knowles, singer and actress

SCUBA in the Great Barrier Reef

— Ashley Andrews, junior Ohio University photojournalism and dietetics major

Win a volleyball national championship

— Geoff Carlston, Ohio University volleyball coach

Watch a parade from private balcony seats

— Alex Moning, junior Ohio University integrated arts education and journalism major

Travel to Nigeria, and learn how to swim and drive

— Winsome Chunnu, assistant director of the Multicultural Center

Run a triathlon by Spring Quarter

— Jen Monroe, *The Post* web editor

Be on the front page of a tabloid

— Jessica Holbrook, *The Post* campus staff writer

Work for *USA Today* and live on the beach in either northern California or the lower East Coast

— Rebecca Black, *The Post* city staff editor

Have a photo on a *Sports Illustrated* cover

— Kyle Grantham, *The Post* staff photographer

Learn how to SCUBA, eat a pretzel in Germany and buy a cat suit

— Anna Sudar, *The Post* culture staff editor

Live in Italy

— Bethany Furkin, *The Post* associate managing editor

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