

## STEP 1: MY PERFECT LIFE

This is how a day look in my perfect life:

A large, empty white rectangular box with a thin black border, intended for the user to write their description of a perfect day.

## STEP 2: MY WHY

My goals are important to me because:



## STEP 3: MY ANTI-VISION

If I DO stick to my plan, this is how my life will look in 1 year:



If I DON'T stick to my plan, this is how my life will look in 1 year:



What will it cost you in energy, time, money, health?

## STEP 4: IDENTIFY LIMITING BELIEFS

What stories do I tell myself - and how do they hold me back?



## STEP 5: SMART GOALS


**Health  
(Physical, mental)**




**Career/Business**



**Monetary**



**Personal Development**



## STEP 6: THE PLAYLIST

**Health  
(Physical, mental)**

**Career/Business**

**Monetary**

**Personal Development**

# STEP 7: BREAKDOWN - MILESTONES - PERSONAL GOAL

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The Biggest Milestones

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The In-betweens (optional)

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## STEP 7: BREAKDOWN - MILESTONES - HEALTH GOAL

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The Biggest Milestones

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The In-betweens (optional)

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# STEP 7: BREAKDOWN - MILESTONES - BUSINESS/CAREER GOAL

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The Biggest Milestones

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The In-betweens (optional)

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# STEP 7: BREAKDOWN - MILESTONES - MONETARY GOAL

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The Biggest Milestones

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The In-betweens (optional)

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STEP 7: BREAKDOWN - WEEKLY

Monday


Tuesday


Wednesday


Thursday


Friday


Saturday


Sunday


The Extra Mile
