



### PERSONAL INFORMATION

Name		
Company		
Date		
6 PRIORITIES	SCOR	ING KEY
Spirituality		Completed
Health		In Drogram
Relationships		In Progress
Calling		No Progress
Financial Freedom	$\sim$	Deleted
Rejuvenation	X	

# LIFETIME GOALS

Age									

Using the list of the 6 Priorities on the previous page as a reference, spend some time reflecting on your own life. How would you order these 6 Priorities for yourself? List them here—as well as one to three goals that will help you achieve those priorities.

1	Priority
$\bigcirc$	Goal
$\bigcirc$	Goal
$\bigcirc$	Goal
	Coal
2	Priority
$\bigcirc$	Goal
$\circ$	Goal
	Cool
	Goal
3	Priority
$\bigcirc$	Goal
$\circ$	Goal
	Cool
	Goal
4	Priority
$\bigcirc$	Goal
$\circ$	Goal
	Goal
	Coal
5	Priority
$\bigcirc$	Goal
$\bigcirc$	Goal
$\bigcirc$	Goal
6	Priority
$\bigcirc$	Goal
$\bigcirc$	Goal
$\bigcirc$	Goal

# ONE-YEAR GOALS

Year

Now, take the list of the 6 Priorities and apply them toward the next year. How would you order these 6 Priorities for yourself? List them here, with one to three goals that will help you achieve them.

1	Priority
$\bigcirc$	Goal
$\bigcirc$	Goal
$\circ$	Goal
	Defeate
_	Priority
$\bigcirc$	Goal
$\bigcirc$	Goal
$\bigcirc$	Goal
3	Priority
$\bigcirc$	Goal
$\bigcirc$	Goal
$\bigcirc$	Goal
$\cup$	
	Priority
$\bigcirc$	Goal
$\circ$	Goal
$\bigcirc$	Goal
<b>5</b>	Priority
	Goal
$\bigcirc$	Goal
	Cool
$\bigcirc$	Goal
_	
6	Priority
$\bigcirc$	Goal
0	Goal
	Godi
$\bigcirc$	Goal

# QUARTERLY TARGETS

Quarter .....

Using your 6 Priorities in the order of your oneyear goals, list one to three goals that will help position you for success over the next quarter.

1	Priority
$\bigcirc$	Goal
	Cool
$\bigcirc$	Goal
$\bigcirc$	Goal
2	Priority
$\bigcirc$	Goal
0	Goal
$\bigcirc$	Goal
3	Priority
$\bigcirc$	Goal
$\circ$	Goal
$\bigcirc$	Goal
_	Priority
0	Goal
$\bigcirc$	Goal
	Cool
$\cup$	Goal
<b>5</b>	Priority
	Goal
$\bigcirc$	Goal
$\bigcirc$	Goal
6	Priority
0	Goal
$\bigcirc$	Goal
$\bigcirc$	Goal

# 30-DAY FOCUS

Pick one to three goals from your
Quarterly Targets
list and write them
here. What action step
can you commit to
beginning tomorrow
that guarantees your
daily alignment with
and achievement of
your 30-Day Focus?

## MONTH ONE

1	$\bigcirc$	
2	$\bigcirc$	
•		
		MONTH TWO
1	$\bigcirc$	
2	$\bigcirc$	
3	$\circ$	
		MONTH THREE
•		
2	$\circ$	
3	$\bigcirc$	
		ACTION STEP

Write out your weekly accomplishments that have helped you pursue your goals.

MONTH ONE	
Week One	Week Two
Week Three	Week Four
монтн тwo	
Week One	Week Two
Week Three	Week Four
MONTH THREE	
Week One	Week Two
Week Three	Week Four

# DAILY ACTION STEP CHECKLIST

Check off every day you've followed through with your Daily Action Step in order to keep track of your momentum.

MONTHO	) N E	 	
монтн т	· w o	 	
монтн т	HREE	 	

# CHARACTER COMPASS

High Pay-Off Activities, Purpose, Principles, and Core Values. These are more than just lists of important things. These concepts make up the compass that helps us navigate through life. Fill out each of these sections as directed in order to guide you and keep you on track.

### HIGH PAY-OFF ACTIVITIES

What personal and professional activities maximize your time and energy regardless of whether they show up on this week's to-do list?

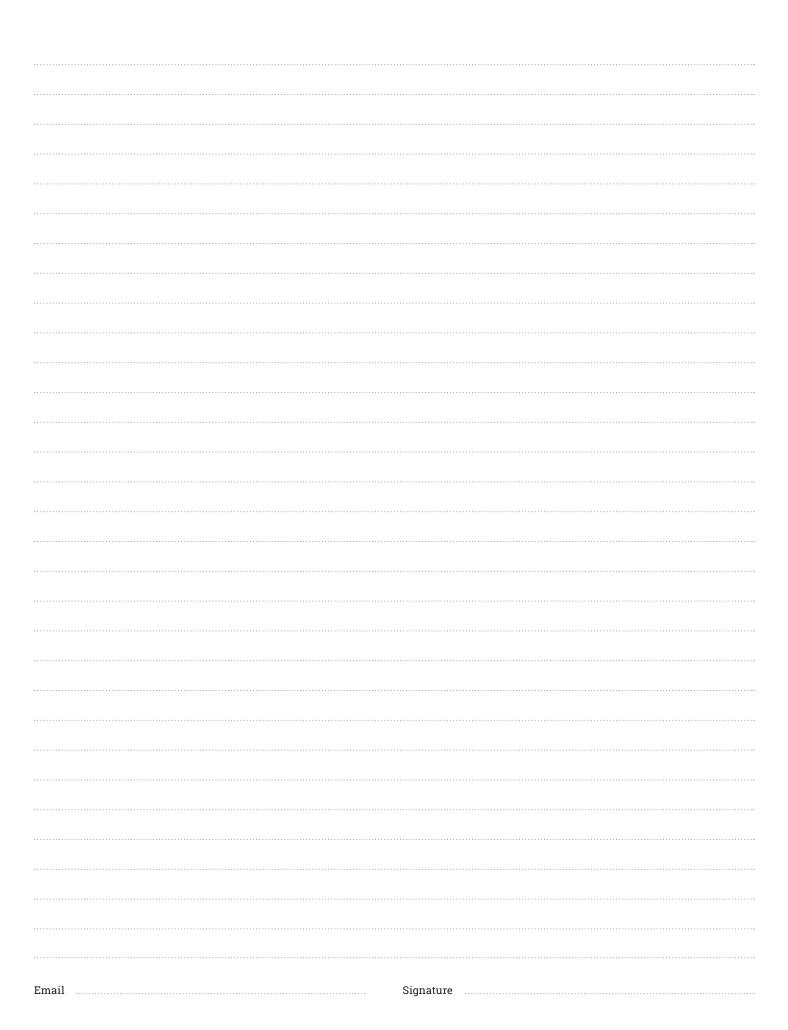
Personal	Professional
NI.	
PURPOSE	
What are you here on this planet to accomplish? This it is what you were born to accomplish!	s is the driving force and meaning of your life—
PRINCIPLES	
Our principles are what ground us and guide us as we foundation of our character. Your principles can be bo those virtues you strive for in your lifetime that define to ten of your own personal principles?	th core values you already possess and
CORE VALUES	
List three core values your parents or significant life nonnegotiable. These are the key values you and you as their guideposts for living a full life.	

# VISION BOARD

Place images here that illustrate		
your personal vision and outlook.		

# VIVID DESCRIPTION OF MY FUTURE

Imagine yourself in the future. Describe in as much detail as possible what your future will look like and feel like, and where you will be at a specific date in that future. Describe this idealized state in as much detail as you can imagine as you plant these creative written images into your subconscious mind. What does it feel like to accomplish your goals and live this future? Make this description emotionally compelling.



# NOTES