



CREATE

Plan to make your dreams come true.

Now that you have an idea of how you spend your time, and how well that aligns to your truest desires and dreams, you're ready to move to the next phase.

With your long-term dreams in mind, what is a big goal you want to achieve this year? Do you have more than one? Can you realistically get them all done in one year?

1.

List, in order of importance, **one to three** major goals you want to accomplish this year:

1)

2)

3)

2.

Now, write down **one thing** to do in the next 30 days that will help move you toward one of your annual goals:

3.

Finally, do you need to get done this week that will get you 25% of the way to your goal for this month? (If making 25% progress each week isn't realistic, then you have a multi-month goal. Go revise the timeline on that one and see if you can break it up into month-sized chunks.)

1)

2)

3)