

____/____/____

The Year of _____ (Leveling Up)

“People overestimate what they can do in one year and underestimate what they can do in ten years”
- Bill Gates

HEALTH (physical, mental and emotional)

_____ (example: I will reduce the number of panic attacks to 0 due to stress.)

Action #1 _____ (I will identify and eliminate the biggest stressors in my life)

#2 _____ (I will start a meditation routine every morning)

#3 _____

FINANCIAL (Active income/salary, investment, savings and retirement goals)

#1 _____

#2 _____

#3 _____

Why do I want this? (you have to want it bad enough to follow through)
What is the objective? (is it significant, concrete, action-oriented, inspirational)
How am I going to measure the results? (have to be specific and time bound, aggressive yet realistic, measurable and verifiable)
- O.K.Rs

Review/evaluate weekly & keep this for your records! Look back 10 years from now.



____/____/____

BUSINESS

#1 _____

#2 _____

#3 _____

RELATIONSHIPS (with self, with friends/coworkers, with family)

#1 _____

#2 _____

#3 _____

SPIRITUAL

#1 _____

#2 _____

#3 _____



____/____/____

INTELECTUAL

#1 _____

#2 _____

#3 _____

OTHER

#1 _____

#2 _____

#3 _____

“ What gets measured, gets managed. ”
- Peter Drucker

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