

# My Dream

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You want a clear roadmap for decision-making. This comes from knowing your dream, what it will mean to you to be successful, the impact you want to have and the legacy you want to leave.

1

**My dream is.**

2

**Why it is important to me  
to pursue my dream.**

3

**The impact I want to have.**

4

**The legacy I want to leave to my  
family, my friends and my community.**

# Ten Goals 12 Months

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What do you want to have accomplished by this time next year?  
Identify a total of 10 goals in four areas: Health, Money, Work & Life.  
One Year from Today is \_\_\_\_\_.

Be as  
specific as  
possible.

Who will be  
involved?

What will  
you be  
doing?

Where will  
you do it?

Why is this  
goal  
important?

When will  
this goal be  
done?

How do you  
measure it?

Health (Mental, Physical, Spiritual)

- 1.
- 2.
- 3.

Money/Financial

- 1.
- 2.
- 3.

Work

- 1.
- 2.
- 3.

Life

- 1.
- 2.
- 3.

# The One Goal

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Read your 10 goals. Circle the ONE that has the most influence over your ability to accomplish the other goals. Re-write the ONE goal below and why you think it is the most important one.

## The One Goal

### 3 People I Trust

They will remind me of my ONE goal. They will support and encourage my vision.

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# Your Letter to Yourself

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Imagine your life 12 months from now. Use all your senses to imagine what you are feeling, hearing, smelling, seeing, and even tasting. Write a letter starting off by thanking yourself for all that you accomplished in the previous 12 months and describing your life. Set aside 30 minutes.

**One Year from Today is** \_\_\_\_\_ .

## My Letter to Myself

Dear \_\_\_\_\_

Thank you for taking the initiative and time to imagine your life in a year.