3-YEAR LIFE GOALS

CLARITY

HEALTH

**In 36 months from now, my vision for healthy living looks like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

MENTAL / EMOTIONAL

**In 36 months from now, my vision for how my mind and emotions make me feel on an everyday basis would look like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing these following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

PARTNER / SIGNIFICANT OTHER

**In 36 months from now, my vision for my most important relationship in life looks like this... (If in a relationship, focus there. If not, focus on a primary loved one.)**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

FAMILY

**In 36 months from now, my vision for my immediate family having extraordinary relationships looks like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

FRIENDS

**In 36 months from now, my vision for having extraordinary friendships look like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

MISSION

**In 36 months from now, my vision for my purpose, giving or major career contributions looks like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

EXPERIENCES

**In 36 months from now, my vision for the adventures or amazing experiences I want to have in life looks like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

SPIRIT

**In 36 months from now, my vision for feeling more spiritually connected looks like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

FINANCE

**In 36 months from now, my vision for my wealth and things I own looks like this...**

**To achieve this vision, I would have to stop doing these things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

LEARNING

**In 36 months from now, my vision for the topics I will learn and the skills I will master looks like this...**

**To achieve this vision, I would have to stop doing these following things...**

**To achieve this vision, I would have to start doing the following things...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

ENERGY

MIND

**In 36 months from now, my vision for the goals I have about mastering my mind, how I want to think, deal with stress, and create a good mindset include...**

**To achieve this vision, the daily and weekly habits/practices I need to stop so that I can feel more energized by this area of my life include...**

**To achieve this vision, the daily and weekly habits/practices I need to start so that I can feel more energized by this area of my life include...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

BODY

**In 36 months from now, my vision for the goals I have about mastering my body; how I want to feel physically, how I want to move, be healthy, etc include...**

**To achieve this vision, the daily and weekly habits/practices I need to stop so that I can feel more energized by this area of my life include...**

**To achieve this vision, the daily and weekly habits/practices I need to start so that I can feel more energized by this area of my life include...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

MISSION

**In 36 months from now, my vision for the goals I have about energizing my mission; focusing more on my mission, being more creative, feeling more fulfilled--include...**

**To achieve this vision, the daily and weekly habits/practices I need to stop so that I can feel more energized by this area of my life include...**

**To achieve this vision, the daily and weekly habits/practices I need to start so that I can feel more energized by this area of my life include...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

RELATIONSHIPS

**In 36 months from now, my vision for the goals I have about my most important relationships; with my partner or closest loved ones--include...**

**To achieve this vision, the daily and weekly habits/practices I need to stop so that I can feel more energized by this area of my life include...**

**To achieve this vision, the daily and weekly habits/practices I need to start so that I can feel more energized by this area of my life include...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

NECESSITY

IDENTITY

**In 36 months from now, my vision for the goals I have about becoming more self-discipled in the future is because I am a person who...**

**To achieve this vision, the negative thoughts or bad self-talk that will no longer prevent me from being motivated and disciplined are...**

**To achieve this vision, the positive thoughts or good self-talk that will excel my motivation and discipline are...**

**To achieve this vision, I am setting the following goals and deadlines for myself...**

OBSESSION

**Over the next 36 months, the topics, passions, contributions, or areas I'm obsessed with progressing on in my life include...**

**Some ways I could give more time to my deep passions would be to avoid the following distractions...**

DUTY

**Over the next 36 months, the people who need me on my A-game and be the absolute best I can be over the next 12 months include...**

**Something I could do every week to keep me focused on delivering with excellence for all those around me is...**

DEADLINE

**Over the next 36 months, the most important deadlines I'm going to create for myself include…**

**The reason I feel I MUST make these deadlines are...**

CLEAR TASK LIST

**If I could break down the 3 biggest projects that I'm going to complete in the next 36 months, those projects and the 5 major steps I must take to complete those projects include...**

**Project One:**

**Project Two:**

**Project Three:**

PRODUCTIVITY

EXCELLENCE MINDED

**Over the next 36 months, if I could become more excellent at certain skills or areas in my life, and it would help me advance more quickly, those skills or focal points would be...**

**The things that really work for me with staying productive are...**

**The things that prevent me from being productive that I need to better deal with include...**

ADD VALUE

**A new idea or service that I will provide to the people around me or to my co-workers or clients that would motivate me to be more productive is...**

**The action steps I need to take to start delivering that value as soon as possible are...**

SOCIAL NEEDS

**Someone who needs me to be on my A-game now is...**

**(Think of someone who needs you to be your best, even if that's a future person like a customer, etc.)**

**The reason it's important for me to stay focused for this person these next few months is...**

WANTING MORE

**What is your "why" for being a more productive person? What do you want to achieve these next 36 months that will require you to be amazing?**

**I need to give myself permission to want more for myself and my family, so I need to start telling myself the following more often...**

HABITS

**Over the next 36 months, the daily habits I need to start following to be more productive include...**

**To achieve this vision, the daily habits I need to stop doing are...**

**Over the next 36 months, the weekly habits I need to start following are...**

**To achieve this vision, the weekly habits I need to stop doing are...**

INFLUENCE

WHO WERE YOUR ROLE MODELS?

**The 3 most positively impactful people in my life, and the way they were a role model to me include... (It's okay if these were role models from afar--people you follow or read about who serve as an example to you.)**

**The values that my role models seemed to live by, which I can start demonstrating more of in my own life, include...**

**If I was explaining my life to one of my greatest role models right now today, they might coach me to start thinking or behaving in these ways...**

WHO CAN YOU BE A ROLE MODEL FOR?

**The main people in my life who could really benefit by seeing me strive to be an even better role model include...**

**One thing I could do or say to each of these people to show them that I care and want to be a better role model is...**

**If at the end of my life I was going to feel happy and fulfilled with how I lived, I would have to have been a person who...**

COURAGE

SHARING YOUR TRUTH

**The person(s) I need to be more direct and honest about my true thoughts, feelings, ideas, and dreams include...**

**It would take a lot of courage for me to tell them that...**

CELEBRATE WINS

**I would feel more confident if I took time to recognise that in the past 36 months, I had the following wins...**

GET FAMILIAR

**The things that hold me back that I just need to go and try, so that I can get more familiar with them and get some momentum, include...**

ASK FOR HELP

**I'm going to need help to succeed at a higher level, so I need to talk to, pitch, or ask these people for help...**

**The things I'm going to ask for help with include...**

TAKE MORE ACTION

**If I did the following things more frequently, that would help me gain the skills and confidence I need to achieve bigger dreams...**

COMMITMENT

PATIENCE

**The obstacles I know that I'm going to face in chasing my next big dream are...**

**The ways that I can be patient with that process and maintain a good attitude include...**

CONSISTENCY

**Sometimes I struggle with being consistent, so the things I'm going to be more consistent at in my life in the next 36 months include...**

SERVICE

**The reason I will stay committed to my goals is because I'm fighting for something bigger than myself, and that "something" that will keep me motivated is...**

SHARE YOUR GOALS

**It's easier to stay committed if I have other people who know my goals and keep me accountable, so I'm going to recruit the following people and tell them my goals and ask them to help in making sure I live up to my commitments...**

NEXT ACTIONS

**The things I'm going to start doing or learning in the next few months so that I stay sharp and committed to my personal growth include...**