

WHAT DOES YOUR FUTURE HOLD?

What do you really want to get done in this lifetime? You are free to create whatever you want in this world. The more specific you are, the easier it is to plan. Your hopes and dreams must be thought through and planned to make them happen. Consider this exercise as a personal trainer for the muscle that sees and creates your future. You are not going to show this list to anyone, so just write without self-consciousness. You may want to do this in a journal or use the space below.

PRIMARY FOODS | GOAL SETTING



WRITE DOWN ALL THE THINGS YOU NEED TO GET DONE OR WANT TO GET DONE BY:

The end of tomorrow	
The end of the week	
The end of the month	
The end of next month	

NEW YEAR'S DAY

What's the year?

How old will you be?

How old will your loved ones be?

What are all the things you want to have done by that time?

NEW YEAR'S DAY, TWO YEARS FROM NOW. AGAIN WRITE DOWN THE FOLLOWING:

What's the year?

How old will you be?

How old will your loved ones be?

What are all the things you want to have done by that time?

NEW YEAR'S DAY, FIVE YEARS FROM NOW. AGAIN WRITE DOWN THE FOLLOWING:

What's the year?

How old will you be?

How old will your loved ones be?

What are all the things you want to have done by that time?

IN 10 YEARS

IN 20 YEARS

NOW REMEMBER: THIS IS YOUR LIFE. MAKE IT HAPPEN!