

GEN GOALS // VISION

GOALS // VISION



**LIFE WORKS TO THE
DEGREE WE KEEP
OUR COMMITMENTS.
DON'T FALL IN LOVE
WITH THE GOAL.
FALL IN LOVE WITH
THE COMMITMENT.**

LIFE WORKS TO THE DEGREE WE KEEP OUR COMMITMENTS. DON'T FALL IN LOVE WITH THE GOAL. FALL

IN

LOVE

WITH

THE

COMMITMENT.

G

E

N



YEAR IN REVIEW

GEN GOALS // VISIONS

CATEGORY RATING

GRADE YOURSELF HONESTLY FOR EACH
CATEGORY ACCORDING TO THIS PREVIOUS YEAR
– **1** BEING VERY POOR, **10** BEING EXCELLENT.

VERY POOR

EXCELLENT

PHYSICAL	1	2	3	4	5	6	7	8	9	10
-----------------	----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

SPIRITUAL	1	2	3	4	5	6	7	8	9	10
------------------	----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

MENTAL	1	2	3	4	5	6	7	8	9	10
---------------	----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

BUSINESS/ CAREER	1	2	3	4	5	6	7	8	9	10
-----------------------------	----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

FINANCIAL	1	2	3	4	5	6	7	8	9	10
------------------	----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

CATEGORY RATING

GRADE YOURSELF HONESTLY FOR EACH
CATEGORY ACCORDING TO THIS PREVIOUS YEAR
— 1 BEING VERY POOR, 10 BEING EXCELLENT.

VERY POOR

EXCELLENT

KEY RELATIONSHIP

1 2 3 4 5 6 7 8 9 10

FAMILY

1 2 3 4 5 6 7 8 9 10

FRIENDS OR CIRCLE

1 2 3 4 5 6 7 8 9 10

FUN

1 2 3 4 5 6 7 8 9 10

CATEGORY STRENGTHS & WEAKNESSES

NOW THAT YOU KNOW YOUR GRADE FOR EACH CATEGORY, LIST YOUR STRENGTHS AND WEAKNESSES FOR EACH ONE.

	STRENGTHS	WEAKNESSES
PHYSICAL		
SPIRITUAL		
MENTAL		
BUSINESS/ CAREER		
FINANCIAL		

CATEGORY STRENGTHS & WEAKNESSES

NOW THAT YOU KNOW YOUR GRADE FOR EACH CATEGORY, LIST YOUR STRENGTHS AND WEAKNESSES FOR EACH ONE.

	STRENGTHS	WEAKNESSES
KEY RELATIONSHIP		
FAMILY		
FRIENDS OR CIRCLE		
FUN		

LIST OUT YOUR 10 BEST HIGHLIGHTS FROM THE PREVIOUS YEAR

WHAT ARE 3 THINGS THAT YOU LEARNED IN THE PREVIOUS YEAR?



GOAL SETTING

GEN GOALS // VISIONS

PERSONAL GOALS

WHAT ARE YOUR 5 PERSONAL GOALS FOR THE NEXT YEAR?

GOAL #1

GOAL #2

GOAL #3

GOAL #4

GOAL #5

NEXT

BREAKDOWN EACH GOAL AND SET A TARGET DATE, STANDARDS, 1-3 MINI GOALS AND THE NAMES OF PEOPLE WHO CAN HELP YOU COMPLETE THIS GOAL.

**WE DON'T HIT GOALS. WE FOLLOW STANDARDS.
– TONY ROBBINS**

GOAL #1

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #2

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #3

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #4

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #5

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

BUSINESS GOALS

WHAT ARE YOUR 5 BUSINESS GOALS FOR THE NEXT YEAR?

GOAL #1

GOAL #2

GOAL #3

GOAL #4

GOAL #5

NEXT

BREAKDOWN EACH GOAL AND SET A TARGET DATE, STANDARDS, 1-3 MINI GOALS AND THE NAMES OF PEOPLE WHO CAN HELP YOU COMPLETE THIS GOAL.

***We don't hit goals. We follow standards.
— Tony Robbins***

GOAL #2

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #3

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #4

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3

GOAL #5

WHAT ARE YOU COMMITTED TO DO TO MAKE THIS HAPPEN? (STANDARD)	TARGET DATE
	WHO CAN HELP YOU COMPLETE THIS GOAL?

MINI GOALS

#1

#2

#3



YOUR DREAM LIFE

GEN GOALS // VISIONS

WRITE YOUR DREAM LIFE

IMAGINE IF EVERYTHING WENT EXACTLY HOW YOU WANTED IT TO OVER THE NEXT 5 YEARS, THEN WRITE WHAT YOUR DREAM LIFE IS THAT YOU ARE LIVING THEN -- THINK OF WHAT LIFE IS LIKE IF EVERYTHING GOES RIGHT. WRITE THIS AS A STORY OF WHAT IS HAPPENING EXACTLY 5 YEARS FROM NOW *in detail.*



VISION BOARD

GEN GOALS // VISIONS

CREATE A VISION BOARD

VISUALIZE WHAT YOUR DREAM LIFE LOOKS LIKE – THINK OF THE PEOPLE THAT WILL BE THERE, THE PLACES YOU WILL VISIT AND THE THINGS YOU WILL HAVE. WRITE THIS LIST OF PEOPLE, PLACES AND THINGS BELOW. ONCE YOU'VE COMPLETED YOUR LIST, FIND THE IMAGES THAT WILL INSPIRE YOU AND PRINT THEM OUT TO CREATE YOUR OWN PHYSICAL VISION BOARD. MAKE AN EFFORT TO LOOK AT THIS VISION BOARD REGULARLY AND AS YOU READ THE VISION OF YOUR PERFECT LIFE.



THANK YOU
GOALS // VISIONS

GEN GOALS // VISIONS