

Select Top two from each column

| What I care about | What I am Great at | What I love doing |
|-------------------|--------------------|-------------------|
| | | |
| | | |

Look for over lap

General knowledge versus specialised knowledge.

Purpose Statement

Build your purpose

The Equation = Something you care about, with something you enjoy and are good at.



Categorise the list of 60

1. Rank each of the above from 1-20
2. Put each of them into one of the following categories
3. Select the top 2 from each
 - Work/career – What are you doing for your career? Is it something that you enjoy? Is it something you can have freedom? Can you gain independence financially?
 - Finances – What does your financial situation look like? Are you out of debts? Passive income and investments.
 - Free time/Fun – What do you do in your free time? What do you enjoy the most?
 - Health/Fitness – What is your ideal fitness? Are you 80 still in great physical and mental health?
 - Relationships – Marriages, kids, parents, everyone etc.
 - Contribution to the world – Do you give back to society?
 - Personal goals – What do you want to do before you die?

| Category | What? | When? | Why? |
|----------------|-------|-------|------|
| Work/career | | | |
| | | | |
| Finances | | | |
| | | | |
| Free time/Fun | | | |
| | | | |
| Health/Fitness | | | |
| | | | |
| Relationships | | | |
| | | | |
| Contribution | | | |
| | | | |
| Personal goals | | | |
| | | | |

Does your purpose align with personal vision?

If not, Repeat [Purpose](#)



Goals and action plan

Building blocks to life the game

Expand each of the 14 important things above into an actionable plan

S – Specific: Vision – What you want. Who, what, where, when, how & Why?

M – Measurable: Something measurable on what you want to achieve.

A – Attainable: Personal inventory. Where are you now? Believe that your goal is attainable, developing the skills and attitude to achieve them

R – Realistic/Relevant: Plan and make it happen! Just make sure it aligns with your vision.

T – Timely: Break it down. Put a date against the end goal and make sure to put it into small achievable goals.

| Goals | Specifics | When? | Where am I now? | How? |
|-------|-----------|-------|-----------------|------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |



Goals Timeline

Long term planning

Breaking it down and reverse engineering it

Use this page to draw your goals on the previous page where they sit along the timeline to help and visualise further.

Where do you want to be and why?

Current Age:



| | |
|--------------------|--|
| Work/career | |
| | |
| Finances | |
| | |



| | |
|-----------------------|--|
| Free time/Fun | |
| | |
| Health/Fitness | |
| | |
| Relationships | |
| | |
| Contribution | |
| | |
| Personal goals | |
| | |