



YEAR 1 GOAL SHEET

CLARITY TODAY. FREEDOM TOMORROW.

Set the vision. Commit to the action. Create the life you want.



1. INCOME GOAL (YEAR 1)

How much do I want to earn in my first 12 months?

\$

Why does this number matter to me?



2. ACTIVITY GOAL (WEEKLY)

The activity I commit to today creates the results I want tomorrow.

DEMOS I WILL RUN EACH WEEK:

30 35 40

“The life you want is hiding inside your daily discipline.”



3. EXPERIENCES I WANT IN THE NEXT 2-5 YEARS

What kind of life do I want to build for myself and my loved ones?

- Family Vacation
- Buy a Home
- Pay Off Debt
- Travel More
- More Time with Family
- Flexible Schedule
- Retire Spouse
- Other

OTHER EXPERIENCES / DREAMS I WANT TO MAKE HAPPEN:



4. PEOPLE I WANT TO HELP / IMPACT

Who am I doing this for?



5. MY COMMITMENT

What version of me needs to show up to make this happen?



I COMMIT TO BECOMING THE PERSON, DOING THE WORK, AND HELPING OTHERS SO I CAN LIVE THE LIFE I DESERVE.

I don't wish for it. I work for it.

SIGNATURE: _____

DATE: _____