

Dedicated to

*You*

Everything you need is within you now.

All the skills, beliefs and abilities required to create and live your dream life  
already exists within you.

I look forward to supporting you in the this journey so you can discover what is  
already within.

Copyright © 2022 Natasha Althoff & Unstoppable Woman  
All rights reserved

# Quick Reference Guide

Welcome .....	3
How to Use This Workbook .....	4
<b>Section 1: Where Are You Now?</b> .....	<b>5</b>
Exercise 1: Where am I now? .....	6
Exercise 2: 100th Birthday .....	30
Exercise 3: What do you currently believe about you? .....	36
<b>Section 2: Where Do You Want To Be?</b> .....	<b>37</b>
Exercise 4: Where do you want to be? .....	38
Exercise 5: I want .....	44
**Exercise 6-12: Sorting your goals and dreams into categories (go through sections 3-11 to complete)	
<b>Section 3: Passionate Personal Goals</b> .....	<b>49</b>
<b>Section 4: Happy Health Goals</b> .....	<b>65</b>
<b>Section 5: Luscious Love Goals</b> .....	<b>83</b>
<b>Section 6: Fantastic Family &amp; Friends Goals</b> .....	<b>101</b>
<b>Section 7: Fabulous Financial Goals</b> .....	<b>119</b>
<b>Section 8: Sensational Sport/Hobby Goals</b> .....	<b>137</b>
<b>Section 9: Wonderful Work/Business Goals</b> .....	<b>153</b>
<b>Section 10: Lovely Lifestyle Goals</b> .....	<b>171</b>
<b>Section 11: Other: _____ Goals</b> .....	<b>189</b>
<b>Section 12: My Yearly Goal &amp; Plan.....</b>	<b>207</b>
<b>Section 13: Action Plan</b> .....	<b>213</b>
Exercise 13: Time Investment .....	214
Exercise 14: The Sweat Room - Why Can't You? .....	216
Exercise 15: The Sweat Room - Your Limits & Beliefs .....	218
Exercise 16: Your Habits & Rituals .....	220
Exercise 17: How will you stay motivated? .....	222
Exercise 18: How can I keep persisting? .....	225
Resources in the Your Riding Success Catalogue .....	226

# Welcome to the Rest of Your Life

Congratulations on taking the first step on your journey to creating a life on your terms.

It won't all be easy. In fact, it might be downright confronting. But I really acknowledge you on picking up this workbook and deciding to create the life of your dreams.

This workbook has been designed over countless years... working with what works for me and what doesn't, working with highly successful people to see what works and what they use and what they don't and running goal setting workshops and seeing what works and what doesn't for my clients and friends.

This workbook will encourage you to think and explore where you are and more importantly, where you can be if you made the conscious effort to have and achieve what you want in the journey we call life.

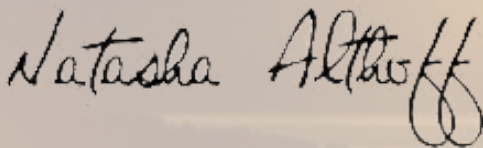
This workbook will support you and guide you through the exercises, so you get a complete picture of what your life will be once you have taken action.

So thank you again for saying yes to you and taking the courageous step to change your life.

Let's get started!

To Your Success,

Natasha Althoff



# *How to Create the Best Results Using This Workbook*

Like anything in life, the tool is only as effective as the person holding it. This means in order for this workbook to have any real effect in your life, you will have to do some work.

Some of the exercises will be easy, some of them you will find a challenge. I encourage you to complete all of the exercises to get the best results.

This workbook will give you the blueprint of how to achieve your dream life, but it won't actually create your dream life - that requires you to take action.

Remember, no one else has to see this workbook unless you want them to. So you can keep it private under the bed, or you can share it with as many people as you want.

In the exercises we have left lines for you to fill out. Please know there is no right or wrong way to do this. If you would like to draw pictures instead of writing, or add pictures to the words - this is absolutely perfect as well. Remember this is **YOUR** workbook and a tool for you to use how you see fit!

So are you ready? Ready to take action and write the blueprint on how to achieve your dream life?

Let's do it!

**SECTION 1:  
WHERE ARE YOU NOW?**



Exercise 1: Where am I now? Think about the last 12 months and answer the following questions.

*What was I most ashamed of?*

*What was I disappointed about?*

*What was I angry about?*

*What was I sad about?*

*What limiting beliefs held me back?*

*How did I stand in my own way?*

*What made me cry?*

*What was the biggest learning experience from one of my mistakes?*

*What was I most proud of?*

*What was I happy about?*

*What did I love?*

*What was my biggest achievement?*



*What made me laugh?*

*What was I most grateful for?*

*What was my biggest learning experience?*

*What were the best things that happened?*



*Vision Board of Last Year (Good things that happened)*



*Vision Board of Last Year (Good things that happened)*

# *Passionate Personal Wrap Up*

*Were you who you needed to be?*

*How did you develop as a person (education you invested in, books you read)?*

*Who were the people you met and learned from (mentored)?*

*What is the number 1 thing you want to improve on next year?*

## *Passionate Personal Wrap Up*

*Did you achieve your personal goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Are you a more developed or less developed person as a result of this year? Why?*

# Happy Health Wrap Up

Weight:  
Blood Pressure:  
BMI:  
Body Fat %:

Waist:  
Fitness Level:  
Flexibility:

*Did your overall health improve or decline this year? Why?*

*Did you achieve your weight goals this year? Why?*

*Did your overall fitness / flexibility improve or decline this year?  
Why?*

*What is the number 1 thing you want to improve on next year?*

# Happy Health Wrap Up

*Did you achieve your health goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Are you a healthier or less healthy person as a result of this year?  
Why?*

## *Luscious Love Wrap Up*

*Were you the most loving, passionate, exciting lover and partner you could be this year? Why/why not?*

*How did you develop yourself to better your relationship (education you invested in, books you read)?*

*What would you change in your relationship?*

*What is the number 1 thing you want to improve on next year?*



## *Luscious Love Wrap Up*

*Did you achieve your relationship goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Are you in a better/worse relationship as a result of this year?  
Why?*

## *Fantastic Family / Friends Wrap Up*

*Were you the the family member / friend you wanted to be this year? Why / why not?*

*How did you make the family better as a result of you being in it?*

*What new friendships did you make? What old friendships did you say goodbye to and what friendships did you maintain? Why?*

*What is the number 1 thing you want to improve on next year?*

## *Fantastic Family / Friends Wrap Up*

*Did you achieve your family / friendship goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Do you have a better / worse family life / friendships as a result of this year? Why?*

# *Fabulous Financial Wrap Up*

Income:

Current Standing With Investments:

Saved:

Debt:

Investments Made This Year

*Did your overall wealth improve or decline this year? Why?*

*Did you achieve your wealth goals this year? Why?*

*Did your overall debt improve or decline this year? Why?*

*What is the number 1 thing you want to improve on next year?*

# *Fabulous Financial Wrap Up*

*Did you achieve your wealthy goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Are you a wealthier or less wealthy person as a result of this year?  
Why?*

## *Sensational Sport / Hobby Wrap Up*

*What are you most proud of in terms of your sport / hobby this year? Why?*

*What skills did you improve with your sport / hobby this year?*

*What new skills with your sport / hobby did you learn this year?*

*What education did you invest in to improve your sport / hobby this year?*

*What is the number 1 thing you want to improve on next year?*

## *Sensational Sport / Hobby Wrap Up*

*Did you achieve your sport / hobby goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Did your sport / hobby improve or decline as a result of this year?  
Why?*

## *Wonderful Work/Business Wrap Up*

*What are you most proud of in terms of your work/business this year? Why?*

*What skills did you develop in your work/business this year?*

*What new skills with your work/business did you learn this year?*

*What education did you invest in to improve your work/business this year?*

*What is the number 1 thing you want to improve on next year?*



## *Wonderful Work/Business Wrap Up*

*Did you achieve your work/business goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Do you have a better/worse job/business as a result of this year?  
Why?*

# *Lovely Lifestyle Wrap Up*

*How did your lifestyle improve this year?*

*Where did you travel to this year?*

*What goodies did you buy?*

*How did you improve your environment?*

*What charity did you contribute to?*

*What is the number 1 thing you want to improve on next year?*

## *Lovely Lifestyle Wrap Up*

*Did you achieve your lifestyle goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Did your lifestyle improve or decline as a result of this year?  
Why?*

# *Wrap Up*

---

## \_\_\_\_\_ *Wrap Up*

*Did you achieve your \_\_\_\_\_ goals? List them below:*

*If yes, how did you celebrate?*

*If no, why?*

*Did your \_\_\_\_\_ improve or decline as a result of this year? Why?*



Exercise 2: What I want you to do, is close your eyes and picture your 100th birthday. So project out into the future, on the day you turn 100 and you are having a birthday party.

Based on the choices, thoughts, decisions and actions that you make in your daily life TODAY, answer the following questions about you at your 100th birthday party.

## My HEALTH is:

*What do you look like?*

*How do you move?*

*How sharp is your thinking?*

## Relationships:

*My love life is:*

*How is your marriage (if you have one)?*

*Who loves you?*

*How is your sex life?*

*How often do you laugh with your partner?*

# Family:

*My family life is:*

*What family is around you?*

*What is your relationship with them like?*

*Do they like spending time with you?*

# My Friendships:

*How many friends do you have?*

*What is your relationship with them like?*

*Do they like spending time with you?*

## My Financial Situation Is:

*Do you own your own home?*

*What does it look like?*

*How much money are you worth?*

*Do you ever worry about money?*

## Hobbies & Sports:

*My hobby/sport is:*

*What accomplishments did you achieve in your sporting career?*

*What hobbies do you have?*



# Lifestyle:

*My lifestyle is:*

*My travels have included*

*My possessions I enjoy are:*

# *Who are you as a person?*

*Do people like being around you?*

*What are you most proud of?*

*What are you most ashamed of?*

*What matters to you?*

*What do you realise doesn't matter?*

*What is your biggest achievement?*

*What do people think of when they hear your name?*

*What do you remember most?*

*What is your most special memory?*

*Your contribution to the planet is?*

*Your legacy is?*

**IS THIS ACCEPTABLE TO YOU?  
OR ARE YOU READY TO CHANGE?**

# Time to change



Exercise 3: What do you currently believe about you?

This is where you get to let go of everything that is holding you back, including limiting beliefs and your so called 'problems' about you and the world.


This will allow your to dream how your life could be when it is perfect. In order for this to happen, what do you need to let go of now?

*What do you currently believe about you?*

*My limiting beliefs are:*

*My problems are:*

*What do I need to let go of now?*



**SECTION 2: WHERE DO YOU WANT TO  
BE?**



Exercise 4: If the rest of my life was to be the most magical amazing inspiring uplifting and successful life I could ever live, then my dream life at my 100th birthday is:

## My HEALTH is:

*What do you look like?*

*How do you move?*

*How sharp is your thinking?*

## Relationships:

*My love life is:*

*How is your marriage (if you have one)?*

*Who loves you?*

*How is your sex life?*

*How often do you laugh with your partner?*

## Family:

*My family life is:*

*What family is around you?*

*What is your relationship with them like?*

*Do they like spending time with you?*

## My Friendships:

*How many friends do you have?*

*What is your relationship with them like?*

*Do they like spending time with you?*

## **My Financial Situation Is:**

*Do you own your own home?*

*What does it look like?*

*How much money are you worth?*

*Do you ever worry about money?*

## **Hobbies & Sports:**

*My hobby/sport is:*

*What accomplishments did you achieve in your sporting career?*

*What hobbies do you have?*



# Lifestyle:

*My lifestyle is:*

*My travels have included*

*My possessions I enjoy are:*

# *Who are you as a person?*

*Do people like being around you?*

*What are you most proud of?*

*What are you most ashamed of?*

*What matters to you?*

*What do you realise doesn't matter?*

*What is your biggest achievement?*

*What do people think of when they hear your name?*

*What do you remember most?*

*What is your most special memory?*

*Your contribution to the planet is?*

*Your legacy is?*

## In order for this to happen:

*What would you need to believe about you?*

*What would you need to believe about the world?*

*What do you need to let go of now?*

*What development do you need to do for this to be you?*



Exercise 5: While we stay in dream world, it can be useful to make a list of everything that you want from life.

Lists are powerful, as they tell our unconscious what to look for and what we want. This may be a challenging exercise for you, as you may be believing that you can't have what you want.

Nonetheless it's really important that you allow yourself to enter this dream space and answer the following question:

**If I was a fairy godmother, and I could grant you 100 wishes, what would those 100 wishes be?**

1.	_____	11.	_____
2.	_____		_____
	_____	12.	_____
3.	_____		_____
	_____	13.	_____
4.	_____		_____
	_____	14.	_____
5.	_____		_____
	_____	15.	_____
6.	_____		_____
	_____	16.	_____
7.	_____		_____
	_____	17.	_____
8.	_____		_____
	_____	18.	_____
9.	_____		_____
	_____	19.	_____
10.	_____		_____
	_____		_____

- 20. \_\_\_\_\_  
\_\_\_\_\_
- 21. \_\_\_\_\_  
\_\_\_\_\_
- 22. \_\_\_\_\_  
\_\_\_\_\_
- 23. \_\_\_\_\_  
\_\_\_\_\_
- 24. \_\_\_\_\_  
\_\_\_\_\_
- 25. \_\_\_\_\_  
\_\_\_\_\_
- 26. \_\_\_\_\_  
\_\_\_\_\_
- 27. \_\_\_\_\_  
\_\_\_\_\_
- 28. \_\_\_\_\_  
\_\_\_\_\_
- 29. \_\_\_\_\_  
\_\_\_\_\_
- 30. \_\_\_\_\_  
\_\_\_\_\_
- 31. \_\_\_\_\_  
\_\_\_\_\_
- 32. \_\_\_\_\_  
\_\_\_\_\_
- 33. \_\_\_\_\_  
\_\_\_\_\_

- 34. \_\_\_\_\_  
\_\_\_\_\_
- 35. \_\_\_\_\_  
\_\_\_\_\_
- 36. \_\_\_\_\_  
\_\_\_\_\_
- 37. \_\_\_\_\_  
\_\_\_\_\_
- 38. \_\_\_\_\_  
\_\_\_\_\_
- 39. \_\_\_\_\_  
\_\_\_\_\_
- 40. \_\_\_\_\_  
\_\_\_\_\_
- 41. \_\_\_\_\_  
\_\_\_\_\_
- 42. \_\_\_\_\_  
\_\_\_\_\_
- 43. \_\_\_\_\_  
\_\_\_\_\_
- 44. \_\_\_\_\_  
\_\_\_\_\_
- 45. \_\_\_\_\_  
\_\_\_\_\_
- 46. \_\_\_\_\_  
\_\_\_\_\_
- 47. \_\_\_\_\_  
\_\_\_\_\_

48. \_\_\_\_\_

\_\_\_\_\_

49. \_\_\_\_\_

\_\_\_\_\_

50. \_\_\_\_\_

\_\_\_\_\_

51. \_\_\_\_\_

\_\_\_\_\_

52. \_\_\_\_\_

\_\_\_\_\_

53. \_\_\_\_\_

\_\_\_\_\_

54. \_\_\_\_\_

\_\_\_\_\_

55. \_\_\_\_\_

\_\_\_\_\_

56. \_\_\_\_\_

\_\_\_\_\_

57. \_\_\_\_\_

\_\_\_\_\_

58. \_\_\_\_\_

\_\_\_\_\_

59. \_\_\_\_\_

\_\_\_\_\_

60. \_\_\_\_\_

\_\_\_\_\_

61. \_\_\_\_\_

\_\_\_\_\_

62. \_\_\_\_\_

\_\_\_\_\_

63. \_\_\_\_\_

\_\_\_\_\_

64. \_\_\_\_\_

\_\_\_\_\_

65. \_\_\_\_\_

\_\_\_\_\_

66. \_\_\_\_\_

\_\_\_\_\_

67. \_\_\_\_\_

\_\_\_\_\_

68. \_\_\_\_\_

\_\_\_\_\_

69. \_\_\_\_\_

\_\_\_\_\_

70. \_\_\_\_\_

\_\_\_\_\_

71. \_\_\_\_\_

\_\_\_\_\_

72. \_\_\_\_\_

\_\_\_\_\_

73. \_\_\_\_\_

\_\_\_\_\_

- 74. \_\_\_\_\_  
\_\_\_\_\_
- 75. \_\_\_\_\_  
\_\_\_\_\_
- 76. \_\_\_\_\_  
\_\_\_\_\_
- 77. \_\_\_\_\_  
\_\_\_\_\_
- 78. \_\_\_\_\_  
\_\_\_\_\_
- 79. \_\_\_\_\_  
\_\_\_\_\_
- 80. \_\_\_\_\_  
\_\_\_\_\_
- 81. \_\_\_\_\_  
\_\_\_\_\_
- 82. \_\_\_\_\_  
\_\_\_\_\_
- 83. \_\_\_\_\_  
\_\_\_\_\_
- 84. \_\_\_\_\_  
\_\_\_\_\_
- 85. \_\_\_\_\_  
\_\_\_\_\_
- 86. \_\_\_\_\_  
\_\_\_\_\_
- 87. \_\_\_\_\_  
\_\_\_\_\_

- 88. \_\_\_\_\_  
\_\_\_\_\_
- 89. \_\_\_\_\_  
\_\_\_\_\_
- 90. \_\_\_\_\_  
\_\_\_\_\_
- 91. \_\_\_\_\_  
\_\_\_\_\_
- 92. \_\_\_\_\_  
\_\_\_\_\_
- 93. \_\_\_\_\_  
\_\_\_\_\_
- 94. \_\_\_\_\_  
\_\_\_\_\_
- 95. \_\_\_\_\_  
\_\_\_\_\_
- 96. \_\_\_\_\_  
\_\_\_\_\_
- 97. \_\_\_\_\_  
\_\_\_\_\_
- 98. \_\_\_\_\_  
\_\_\_\_\_
- 99. \_\_\_\_\_  
\_\_\_\_\_
- 100. \_\_\_\_\_  
\_\_\_\_\_



Exercise 6-12: The biggest mistakes people make when setting goals is that they don't put areas of their lives into categories. It is not enough to say "my goal is to have a great life".

We need to get a lot more specific than that.

In the following pages you will find the most important categories to live a great life.

It is important to consider all of them and to set goals in all of those areas to ensure a rich and fulfilling existence.

The last section we have left blank for you to complete as you wish to do so for a specific category important to you.



**SECTION 3: PASSIONATE  
PERSONAL DEVELOPMENT  
GOALS**

*My Passionate Personal Goals Are:*

1. \_\_\_\_\_

26. \_\_\_\_\_

2. \_\_\_\_\_

27. \_\_\_\_\_

3. \_\_\_\_\_

28. \_\_\_\_\_

4. \_\_\_\_\_

29. \_\_\_\_\_

5. \_\_\_\_\_

30. \_\_\_\_\_

6. \_\_\_\_\_

31. \_\_\_\_\_

7. \_\_\_\_\_

32. \_\_\_\_\_

8. \_\_\_\_\_

33. \_\_\_\_\_

9. \_\_\_\_\_

34. \_\_\_\_\_

10. \_\_\_\_\_

35. \_\_\_\_\_

11. \_\_\_\_\_

36. \_\_\_\_\_

12. \_\_\_\_\_

37. \_\_\_\_\_

13. \_\_\_\_\_

38. \_\_\_\_\_

14. \_\_\_\_\_

39. \_\_\_\_\_

15. \_\_\_\_\_

40. \_\_\_\_\_

16. \_\_\_\_\_

41. \_\_\_\_\_

17. \_\_\_\_\_

42. \_\_\_\_\_

18. \_\_\_\_\_

43. \_\_\_\_\_

19. \_\_\_\_\_

44. \_\_\_\_\_

20. \_\_\_\_\_

45. \_\_\_\_\_

21. \_\_\_\_\_

46. \_\_\_\_\_

22. \_\_\_\_\_

47. \_\_\_\_\_

23. \_\_\_\_\_

48. \_\_\_\_\_

24. \_\_\_\_\_

49. \_\_\_\_\_

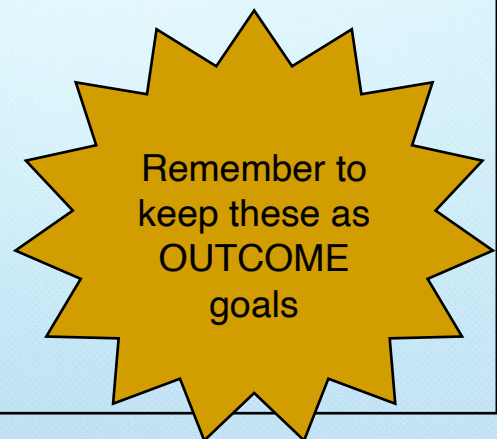
25. \_\_\_\_\_

50. \_\_\_\_\_

*My passionate personal ULTIMATE dream is:*

*My passionate personal BHAG for 10 years is:*

*My passionate personal 10 year progress plan is:*



*My passionate personal HABIT goals are:*

*My passionate personal PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

*Who am I when I am being the best version of myself?*

*What do I believe?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*

*What makes me happy?*

*What do I love about myself?*

*What do I want to learn?*

*My values for personal success are:*

*My personal beliefs for success are:*

*When I am being the best version of myself, I am:*

*My 12 Month Project / Passionate Personal Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ 1 \_\_\_\_\_ 1 \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December



*My passionate personal HABIT goal to support this is:*

*My passionate personal PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

---

---

*My 12 Month Project / Passionate Personal Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My passionate personal HABIT goal to support this is:*

*My passionate personal PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

---

---

*My 12 Month Project / Passionate Personal Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My passionate personal HABIT goal to support this is:*

*My passionate personal PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

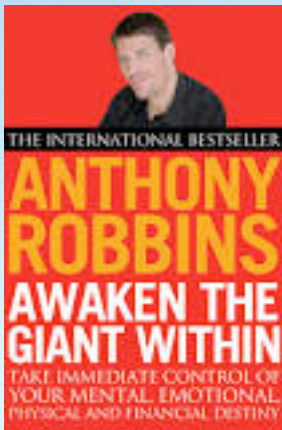
---

---

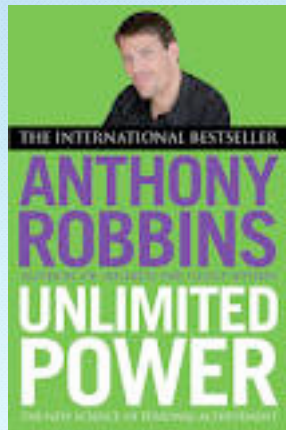
---

---

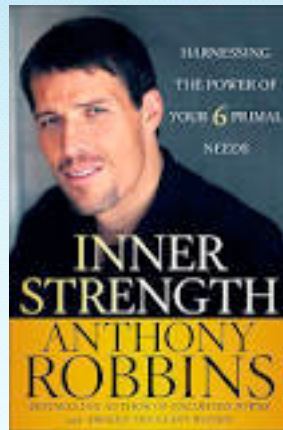
# Personal Development Resources



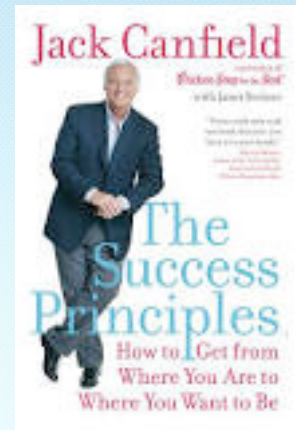
Awaken the Giant Within - Anthony Robbins



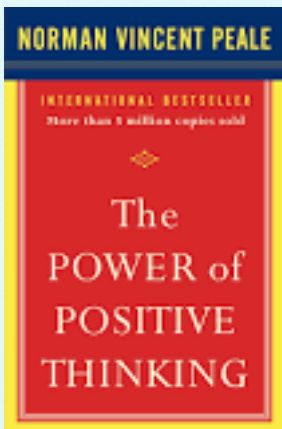
Unlimited Power - Anthony Robbins



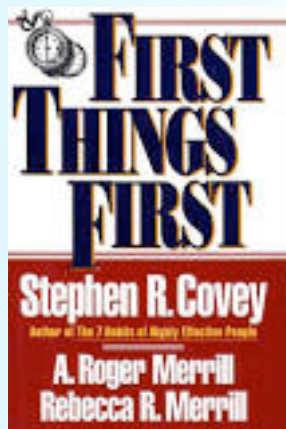
Inner Strength - Anthony Robbins



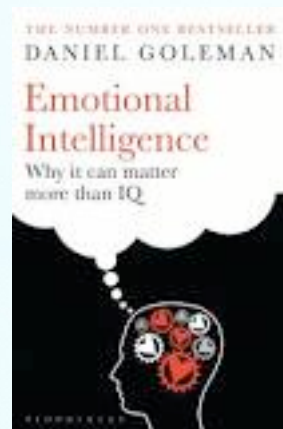
The Success Principles - Jack Canfield



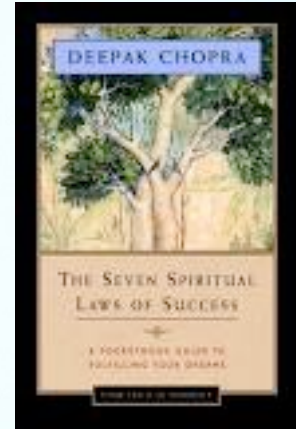
The Power of Positive Thinking - Norman Vincent Peale



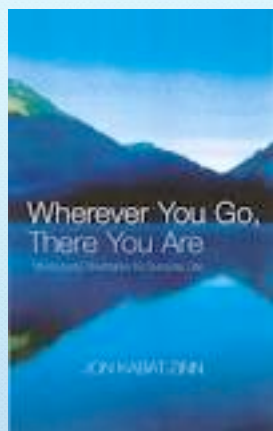
First Things First - Stephen R. Covey



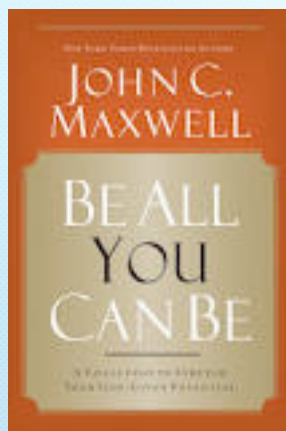
Emotional Intelligence - Daniel Goleman



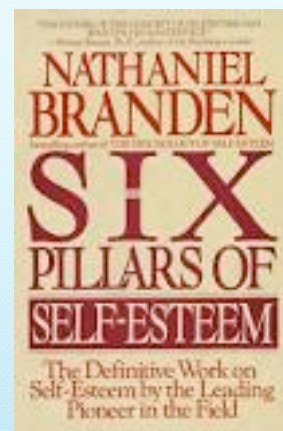
The Seven Spiritual Laws of Success - Deepak Chopra



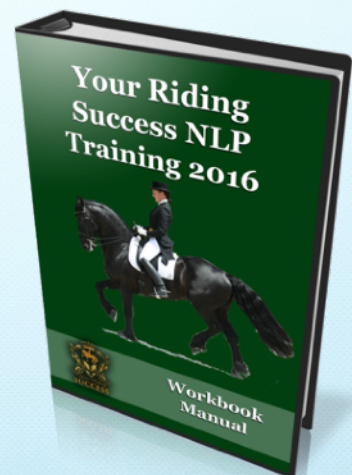
Wherever You Go, There You Are - Jon Kabat-Zinn



Be All You Can Be - John C. Maxwell



The Six Pillars of Self-Esteem - Nathaniel Branden



Your Riding Success - NLP For Personal Mastery - Natasha Althoff







**SECTION 4:  
HAPPY HEALTH GOALS**

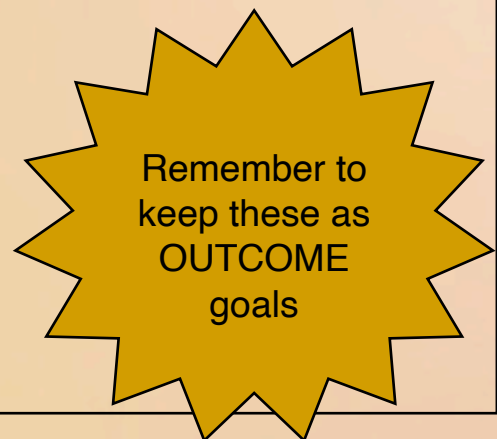
# My Happy Health Goals Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_

*My happy health ULTIMATE dream is:*

*My happy health BHAG for 10 years is:*

*My happy health 10 year progress plan is:*



*My happy health HABIT goals are:*

*My happy health PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

*Who am I when I am being the healthiest version of myself?*

*What do I believe?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*

*What makes me healthy?*

*What do I love about myself?*

*What do I want to learn?*

*My values for healthy success are:*

*To feel strong, energetic and flexible I love to move my body by:*

*To nourish my body with everything it needs for energy and vitality  
I love to eat:*

*To keep hydrated and healthy I love to drink:*

*When I am being the healthiest version of myself, I am:*

*Anything else ...*



*To reach this level of health I need to let go of:*



*My  
commitment level  
to achieving this is:*

*My health beliefs are:*

*My value of health is:*

*My 12 Month Project / Happy Health Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My happy health HABIT goal to support this is:*

*My happy health PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Happy Health Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My happy health HABIT goal to support this is:*

*My happy health PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Happy Health Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My happy health HABIT goal to support this is:*

*My happy health PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

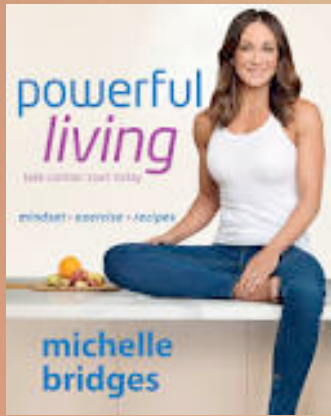
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

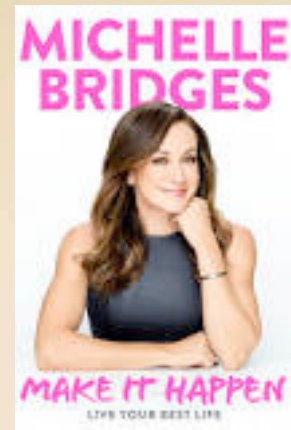
# Happy Health Resources



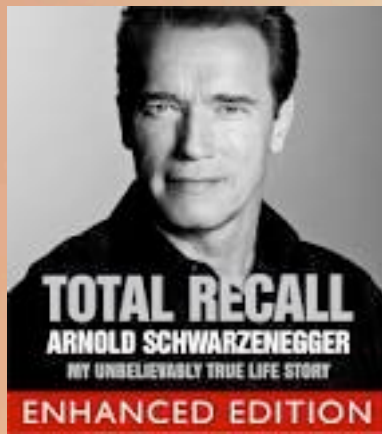
Powerful Living -  
Michelle Bridges



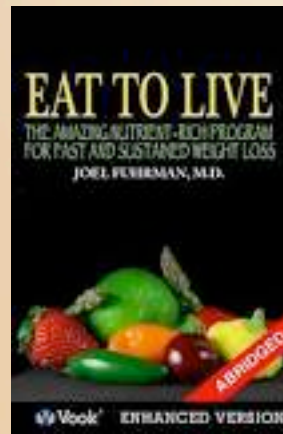
Your Best Body -  
Michelle Bridges



Make it Happen -  
Michelle Bridges



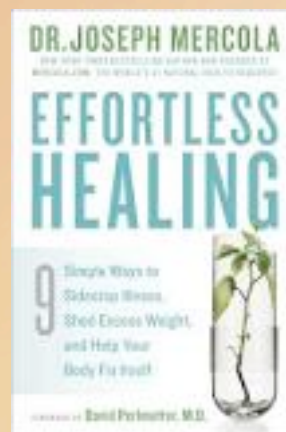
Total Recall - Arnold  
Schwarzenegger



Eat to Live - Joel  
Fuhrman



The Sleep Revolution -  
Arianna Huffington



Effortless Healing - Dr.  
Joseph Mercola







**SECTION 5: LUSCIOUS LOVE  
GOALS**

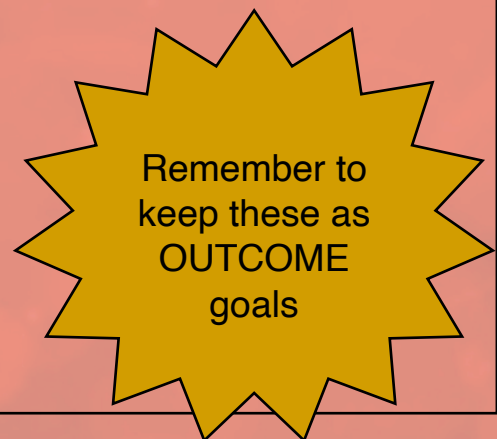
# *My Luscious Love Goals Are:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_

*My luscious love ULTIMATE dream is:*

*My luscious love BHAG for 10 years is:*

*My luscious love 10 year progress plan is:*



*My luscious love HABIT goals are:*

*My luscious love PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

*Who am I when I am being the most loving version of myself?*

*My relationship beliefs are?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*

*What makes me loving?*

*What do I love about myself?*

*What do I want to learn?*

*My values for loving success are:*



*My dream relationship is:*

*My dream sex life is:*

*My deep need in a relationship is:*

*What I need from my partner is:*

*Anything else ...*

*To take our relationship to the next level, I will:*

*To reach this level of love I need to let go of:*



*My  
commitment level  
to achieving this is:*

*My love beliefs are:*

*My value of love is:*

*My 12 Month Project / Luscious Love Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ 1 \_\_\_\_\_ 1 \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My luscious love HABIT goal to support this is:*

*My luscious love PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A yellow starburst graphic with a black outline, containing the text "My commitment level to achieving this is:".

*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Luscious Love Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My luscious love HABIT goal to support this is:*

*My luscious love PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Luscious Love Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December



*My luscious love HABIT goal to support this is:*

*My luscious love PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---


---

---

---

---

---



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

---

---

---

---

---

---

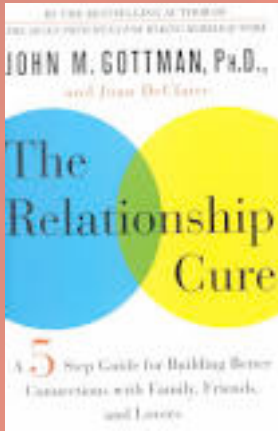
---

---

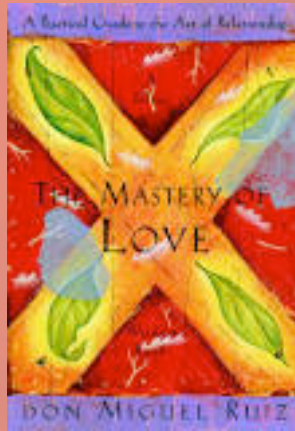
---

---

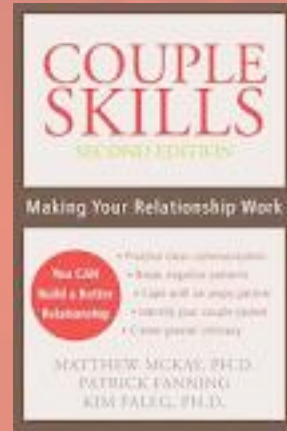
# Luscious Love Resources



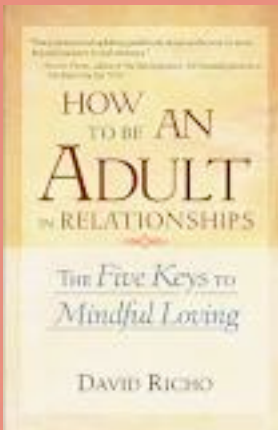
The Relationship Cure -  
John M. Gottman



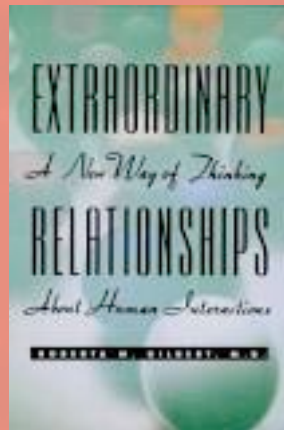
The Mastery of Love -  
Don Ruiz



Couple Skills - Kim  
Paleg, Matthew McKay,  
Patrick Fanning



How To Be An Adult In  
Relationships - David  
Richo



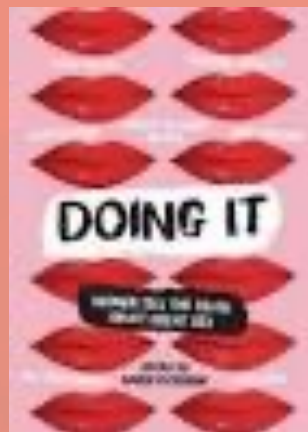
Extraordinary  
Relationships - Roberta  
M Gilbert



What Makes Love Last?  
- John M. Gottman



Getting Over Getting  
Mad - Judy Ford



Doing It - Karen  
Pickering





**SECTION 6: FANTASTIC FAMILY  
& FRIENDS GOALS**

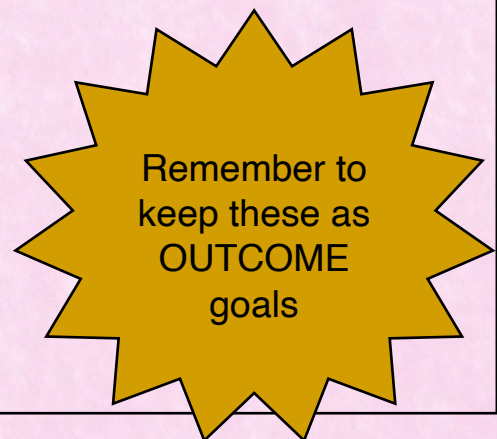
# *My Fantastic Family & Friends Goals*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_

*My fantastic family ULTIMATE dream is:*

*My fantastic family BHAG for 10 years is:*

*My fantastic family 10 year progress plan is:*



*My fantastic family HABIT goals are:*

*My fantastic family PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---



*Who am I when I am being the best family version of myself?*

*My family beliefs are?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*

*What makes me a family person?*

*What do I love about myself?*

*What do I want to learn?*

*My values for family success are:*

*My dream family is:*

*My dream friend is:*

*My cute family traditions are:*

*My cute traditions with my friends are:*

*The ideal relationship I have with my family is:*

*I will do these things to have that relationship with my family:*

*The ideal relationship I have with my friends are:*

*I will do these things to have that relationship with my friends:*

*My beliefs around family & friends are:*



*My  
commitment level  
to achieving this is:*

*To move forward with the best family relationship ever I need to  
let go of:*

*To move forward with the best friendships ever I need to let go of:*

*My 12 Month Project / Fantastic Family Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My fantastic family HABIT goal to support this is:*

*My fantastic family PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---

*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

*My 12 Month Project / Fantastic Family Goal is:*

*I will* \_\_\_\_\_ *by this date* \_\_\_\_ 1 \_\_\_\_ 1 \_\_\_\_

January	February	March
April	May	June
July	August	September
October	November	December



*My fantastic family HABIT goal to support this is:*

*My fantastic family PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Fantastic Family Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My fantastic family HABIT goal to support this is:*

*My fantastic family PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

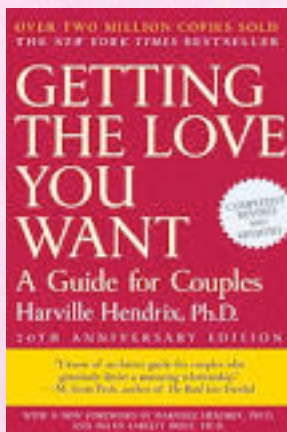
---

---

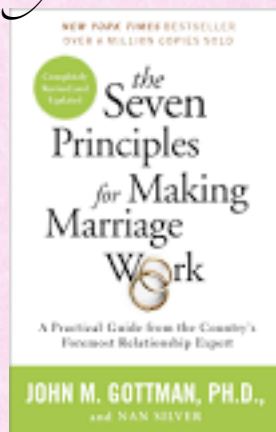
---

---

# Fantastic Family & Friends Resources



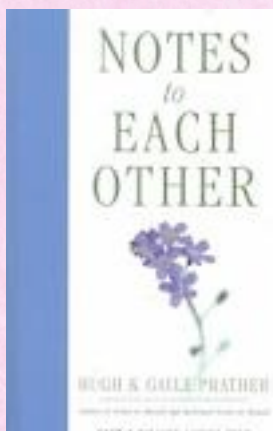
Getting the Love You Want - Harville Hendrix



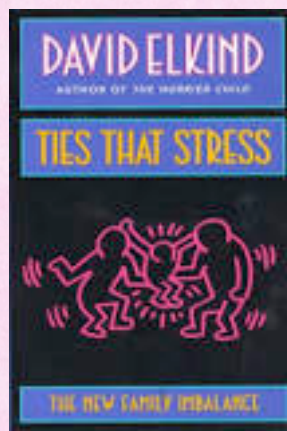
The Seven Principles for Making Marriage Work - John M. Gottman & Nan Silver



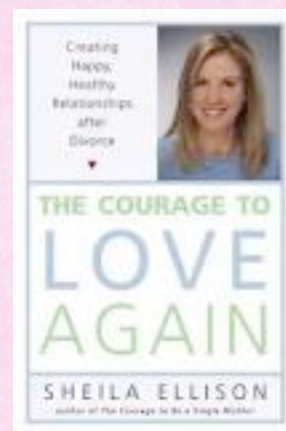
Private Lies - Frank Pittman



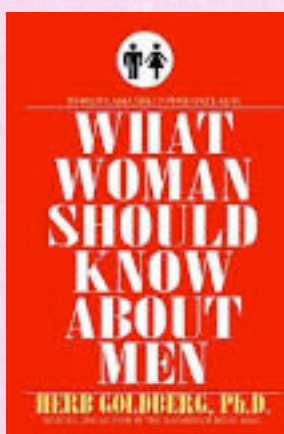
Notes to Each Other - Hugh Prather



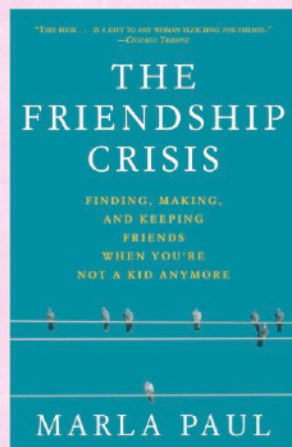
Ties That Stress - David Elkind



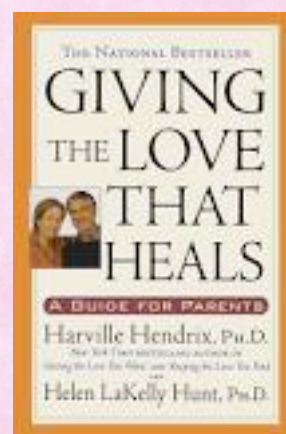
The Courage to Love Again - Sheila Ellison



What Women Should Know About Men - Herb Goldberg



The Friendship Crisis - Marla Paul



Giving the Love That Heals - Andrea learn & Harville Hendrix & Helen Hunt





**SECTION 7: FABULOUS  
FINANCIAL  
GOALS**

## My Fabulous Financial Goals Are:

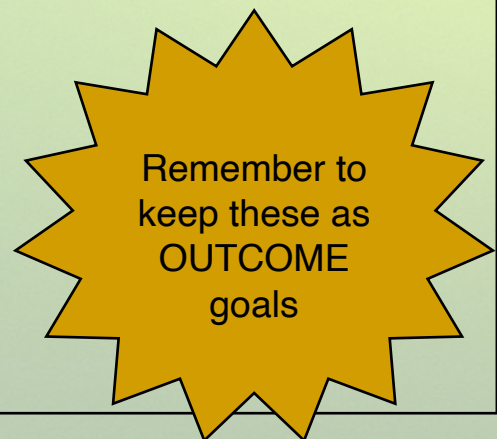
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_



*My fabulous financial ULTIMATE dream is:*

*My fabulous financial BHAG for 10 years is:*

*My fabulous financial 10 year progress plan is:*



*My fabulous financial HABIT goals are:*

*My fabulous financial PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

*Who am I when I am being financially sound?*

*My financial beliefs are?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*

*What makes me financially secure?*

*What do I love about myself financially?*

*What do I want to learn?*

*My values for financial success are:*

*How much money do you want?*

*How much money will you save? What %?*

*How much money will you invest?*

*How much money will you spend?*

*Anything else ...*

*How can you cut down on expenses?*

*How can you increase income?*

*To reach this level of financial security and freedom I need to let go of:*



*My  
commitment level  
to achieving this is:*

*My 12 Month Project / Fabulous Financial Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January

February

March

April

May

June

July

August

September

October

November

December



*My fabulous financial HABIT goal to support this is:*

*My fabulous financial PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Fabulous Financial Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My fabulous financial HABIT goal to support this is:*

*My fabulous financial PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Fabulous Financial Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My fabulous financial HABIT goal to support this is:*

*My fabulous financial PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

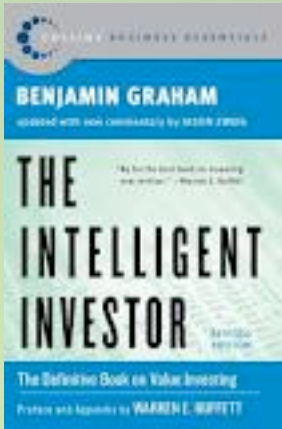
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

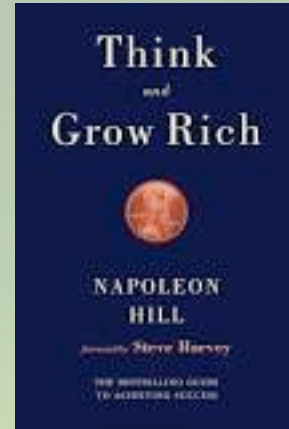
# Fabulous Financial Resources



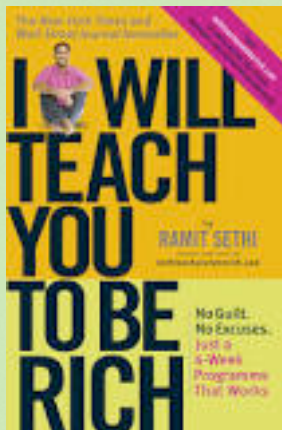
The Intelligent Investor - Benjamin Graham



The Millionaire Next Door - Thomas J. Stanley



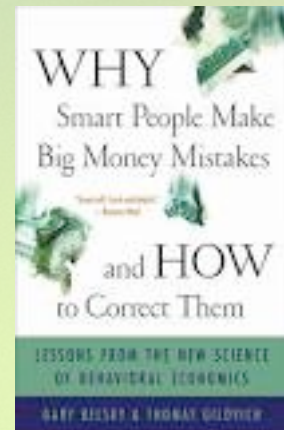
Think & Grow Rich - Napoleon Hill & Toku K. Oyegunle



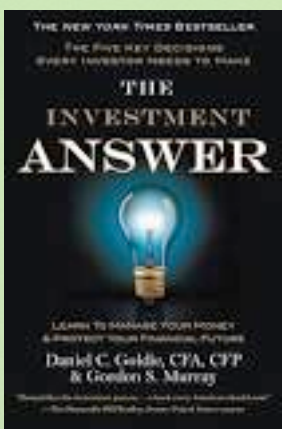
I Will Teach You To Be Rich - Ramit Sethi



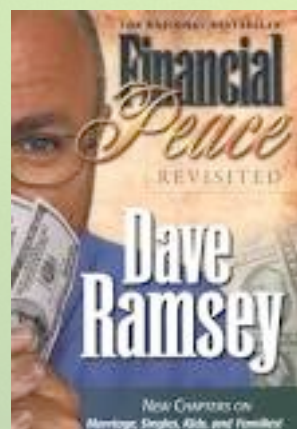
Financially Fearless - Alexa von Tobel



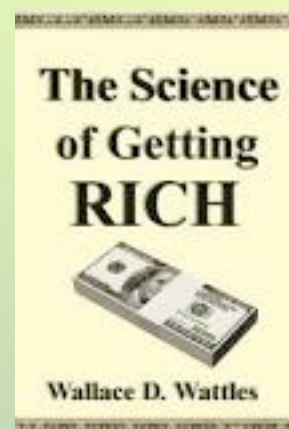
Why Smart People Make Big Money Mistakes - Gary Belsky & Thomas Gilovich



The Investment Answer - Gordon S. Murray



Financial Peace Revisited - Dave Ramsey



The Science of Getting Rich - Wallace D. Wattles







**SECTION 8:  
SENSATIONAL SPORTING/  
HOBBY GOALS**

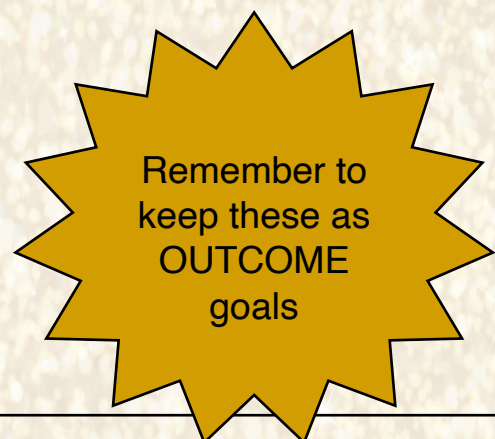
**MY SENSATIONAL SPORTING/HOBBY GOALS ARE:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_

*My sensational sporting/hobby ULTIMATE dream is:*

*My sensational sporting/hobby BHAG for 10 years is:*

*My sensational sporting/hobby 10 year progress plan is:*



*My sensational sporting / hobby HABIT goals are:*

*My sensational sporting / hobby PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support / education do I need to make this my reality?*

---

---

---

---

---

*Who am I when I am achieving my sporting/hobby goals?*

*My beliefs around my sport/hobby are?*

*To achieve the next level I will let go of?*

*What do I need to embrace?*

*What do I need to do?*

*I do my sport because:*

*What do I love about my sport?*

*What do I want to learn?*

*My values for sporting success are:*

*My sport gives me:*

*To take my sporting success to the next level, I will:*

*I value my sport/hobby because:*

*My  
commitment level  
to achieving this is:*

*My 12 Month Project / Sensational Sporting / Hobby Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December



*My sensational sporting/hobby HABIT goal to support this is:*

*My sensational sporting/hobby PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

*My 12 Month Project / Sensational Sporting / Hobby Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My sensational sporting/hobby HABIT goal to support this is:*

*My sensational sporting/hobby PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



*What support/education do I need to make this my reality?*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*My 12 Month Project / Sensational Sporting / Hobby Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My sensational sporting/hobby HABIT goal to support this is:*

*My sensational sporting/hobby PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

---

---

---

---

---

---

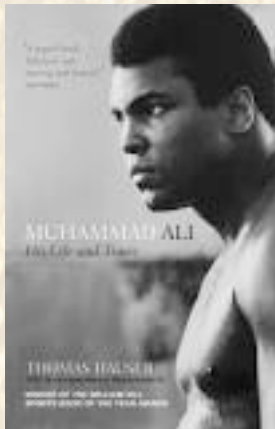
---

---

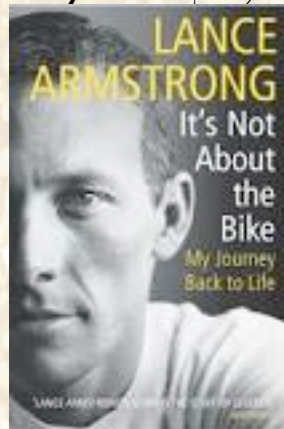
---

---

# Sensational Sporting Resources



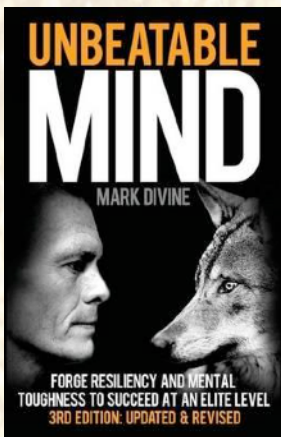
Muhammad Ali: His Life and Times - Thomas Hauser



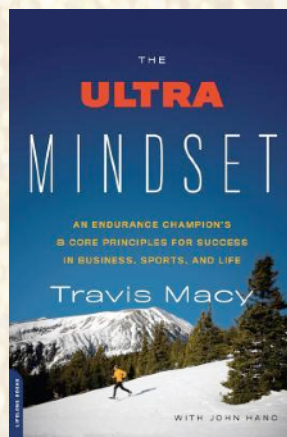
It's Not About the Bike - Lance Armstrong & Sally Jenkins



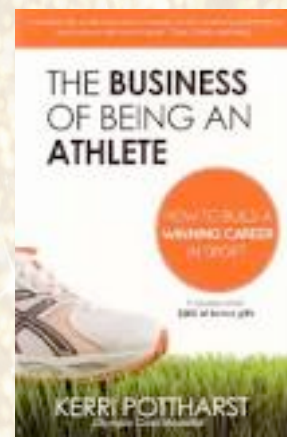
Mind Gym - Gary Mack



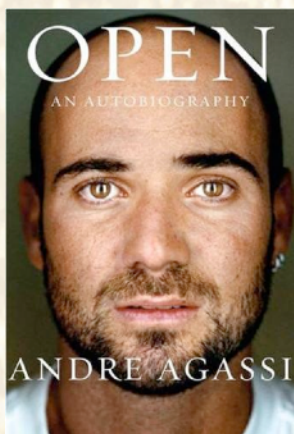
Unbeatable Mind - Mark Divide



The Ultra Mindset - Travis Macy & John Hanc



The Business of Being an Athlete - Kerry Pottharst



Open - Andre Agassi



Driven From Within - Michael Jordan







The background features a series of smooth, flowing, translucent lines in shades of light green and pale yellow. These lines curve and overlap, creating a sense of movement and depth against a plain white background.

**SECTION 9:  
WONDERFUL WORK/BUSINESS  
GOALS**

## My wonderful work/business Goals Are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_

*My wonderful work/business ULTIMATE dream is:*

*My wonderful work/business BHAG for 10 years is:*

*My wonderful work/business 10 year progress plan is:*

Remember to  
keep these as  
**OUTCOME**  
goals

*My wonderful work/business HABIT goals are:*

*My wonderful work/business PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

*Who am I when I am creating the best work/business for myself?*

*My work/business beliefs are?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*

*I am valuable to my business / employer because:*

*I can increase my value by:*

*To be an outstanding business owner / employee I need to:*

*Start doing:*

*Stop doing:*

*Maintain:*

*My ideal job is:*

*To turn my current job into my ideal job I need to:*

*My ideal work day is:*

*My ideal wage/income is:*

*Anything else ...*



*To take my work/business to the next level, I will:*

*To reach this I need to let go of:*



*My  
commitment level  
to achieving this is:*

*My work/business beliefs are:*

*My value of work/business is:*

*My 12 Month Project / Wonderful Work / Business Goal is:*

---

*I will* \_\_\_\_\_ *by this date* \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

January	February	March
April	May	June
July	August	September
October	November	December



*My 12 Month Project / Wonderful Work / Business Goal is:*

\_\_\_\_\_

*I will* \_\_\_\_\_ *by this date* \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

January	February	March
April	May	June
July	August	September
October	November	December

*My wonderful work/business HABIT goal to support this is:*

*My wonderful work/business PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

*My  
commitment level  
to achieving this is:*

*What support/education do I need to make this my reality?*

*My 12 Month Project / Wonderful Work / Business Goal is:*

---

*I will* \_\_\_\_\_ *by this date* \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

January	February	March
April	May	June
July	August	September
October	November	December

*My wonderful work/business HABIT goal to support this is:*

*My wonderful work/business PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

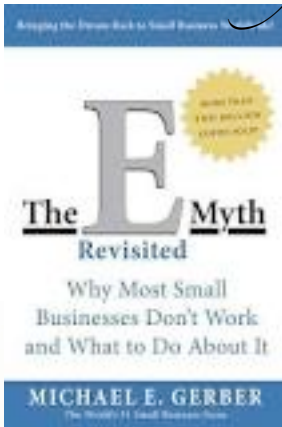
---

---

---

---

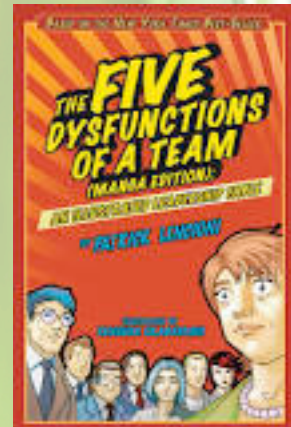
# Wonderful Work / Business Resources



The E Myth Revisited -  
Michael E. Gerber



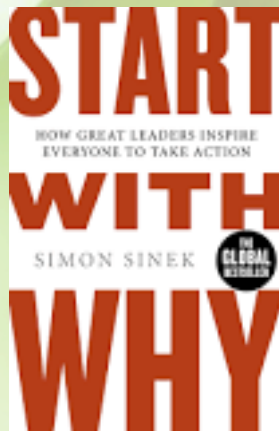
Think and Grow Rich -  
Napoleon Hill & Toks  
K. Oyegunle



The Five Dysfunctions  
of a Team - Patrick  
Lencioni



Built To Last - Jim  
Collins



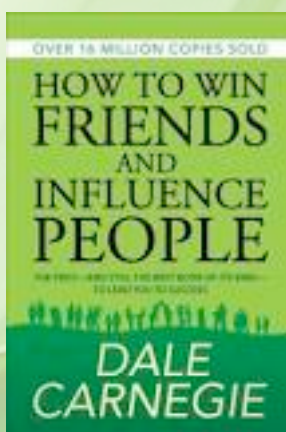
Start With Why - Simon  
Sinek



Creativity, Inc. - Amy  
Wallace & Edwin  
Catmull



Good To Great - Jim  
Collins



How To Win Friends &  
Influence People - Dale  
Carnegie



Secrets of Top Business  
Builders Exposed - Dale  
Beaumont







The background features soft, flowing purple waves that create a sense of movement and depth. Scattered throughout the lower half of the image are numerous bright, multi-pointed starburst sparkles, adding a magical and celebratory feel to the design.

**SECTION 10:**  
**Lovely lifestyle GOALS**

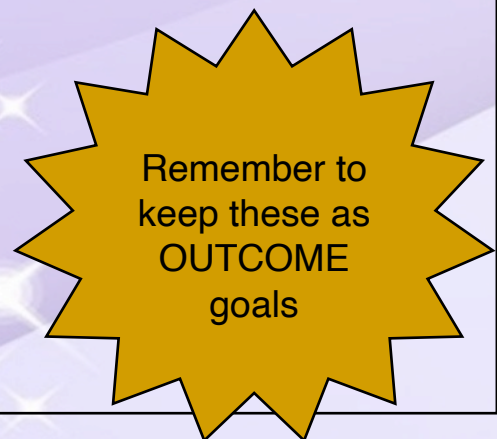
# *My Lovely Lifestyle Goals*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_

*My lovely lifestyle ULTIMATE dream is:*

*My lovely lifestyle BHAG for 10 years is:*

*My lovely lifestyle 10 year progress plan is:*



*My lovely lifestyle HABIT goals are:*

*My lovely lifestyle PERSONAL goals are:*

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

*Who am I when I am creating the best lifestyle for myself?*

*My lifestyle beliefs are?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*

*My dream home environment is?*

*Things I want for my home environment are:*

*Other toys / fun / things I want to buy:*

*Shows / concerts / things I want to do or see are:*



*Places I want to travel to:*

*Communities and charities I want to support are:*

*How do you want to celebrate your birthday this year?*

*How do you want to celebrate your birthday for the next 10 years?*

*Anything else ...*

*To take my lifestyle to the next level, I will:*

*To reach this lifestyle I need to let go of:*

*My  
commitment level  
to achieving this is:*

*My lifestyle beliefs are:*

*My value of lifestyle is:*

*My 12 Month Project / Lovely Lifestyle Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My lovely lifestyle HABIT goal to support this is:*

*My lovely lifestyle PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

---

---

*My 12 Month Project / Lovely Lifestyle Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December

*My lovely lifestyle HABIT goal to support this is:*

*My lovely lifestyle PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

*My 12 Month Project / Lovely Lifestyle Goal is:*

*I will \_\_\_\_\_ by this date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_*

January	February	March
April	May	June
July	August	September
October	November	December



*My lovely lifestyle HABIT goal to support this is:*

*My lovely lifestyle PERSONAL goal to support this is:*

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

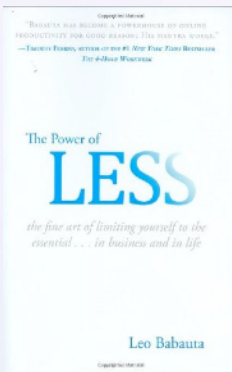
---

---

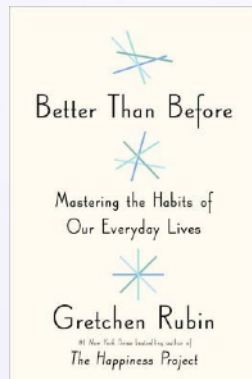
---

---

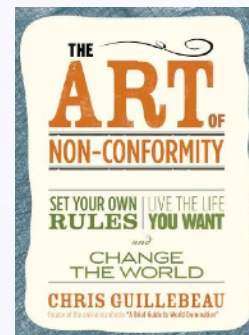
# Lovely Lifestyle Resources



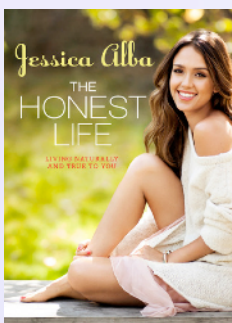
The Power of Less - Leo Babauta



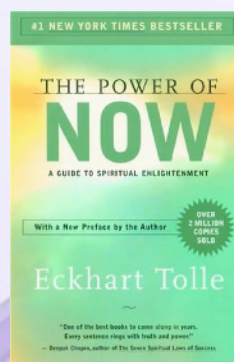
Better Than Before - Gretchen Rubin



The Art of Non-Conformity - Chris Guillebeau



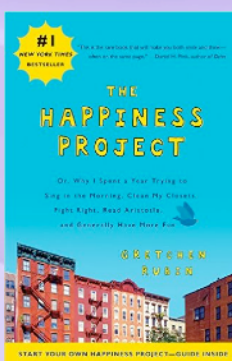
The Honest Life - Jessica Alba



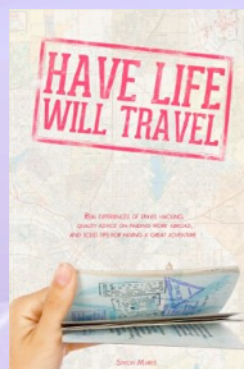
The Power of Now - Eckhart Tolle



Big Magic - Elizabeth Gilbert



The Happiness Project - Gretchen Rubin



Have Life Will Travel - Simon Marks



Suitcase Entrepreneur - Natalie Sisson





**SECTION 11:**  
**OTHER: \_\_\_\_\_**  
**GOALS**

*My* \_\_\_\_\_ *Goals Are:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

31. \_\_\_\_\_

32. \_\_\_\_\_

33. \_\_\_\_\_

34. \_\_\_\_\_

35. \_\_\_\_\_

36. \_\_\_\_\_

37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

41. \_\_\_\_\_

42. \_\_\_\_\_

43. \_\_\_\_\_

44. \_\_\_\_\_

45. \_\_\_\_\_

46. \_\_\_\_\_

47. \_\_\_\_\_

48. \_\_\_\_\_

49. \_\_\_\_\_

50. \_\_\_\_\_

My \_\_\_\_\_ *ULTIMATE* dream is:

My \_\_\_\_\_ *BHAG* for 10 years is:

My \_\_\_\_\_ *10 year progress plan* is:



My \_\_\_\_\_ *HABIT* goals are:

My \_\_\_\_\_ *PERSONAL* goals are:

*Why is this BHAG vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---



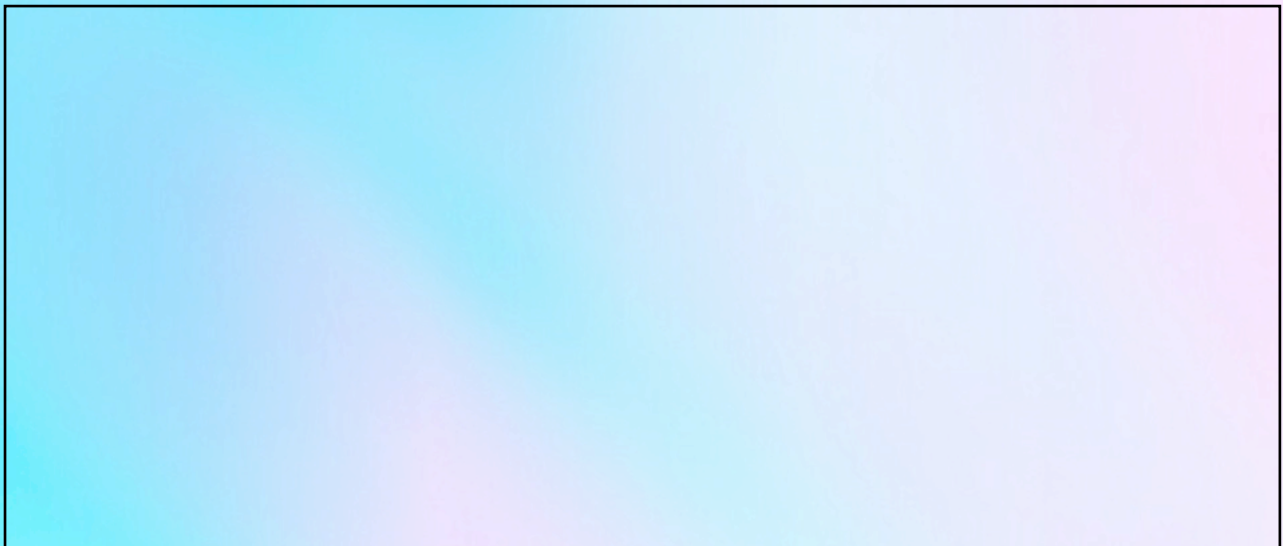
*Who am I when I am creating the best \_\_\_\_\_ for myself?*

*My \_\_\_\_\_ beliefs are?*

*What do I need to let go of?*

*What do I need to embrace?*

*What do I need to do?*



A large, empty rectangular box with a thin black border, intended for writing or drawing.A large, empty rectangular box with a thin black border, intended for writing or drawing.A large, empty rectangular box with a thin black border, intended for writing or drawing.A large, empty rectangular box with a thin black border, intended for writing or drawing.

*Anything else ...*

To take my \_\_\_\_\_ to the next level, I will:

To reach this \_\_\_\_\_ I need to let go of:



*My  
commitment level  
to achieving this is:*

My \_\_\_\_\_ beliefs are:

My value of \_\_\_\_\_ is:

*My 12 Month Project* / \_\_\_\_\_ *Goal is:*

*I will* \_\_\_\_\_ *by this date* \_\_\_\_ / \_\_\_\_ / \_\_\_\_

January	February	March
April	May	June
July	August	September
October	November	December

My \_\_\_\_\_ *HABIT* goal to support this is:

My \_\_\_\_\_ *PERSONAL* goal to support this is:

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

---

---

*My 12 Month Project* / \_\_\_\_\_ *Goal is:*

*I will* \_\_\_\_\_ *by this date* \_\_\_\_ / \_\_\_\_ / \_\_\_\_

January	February	March
April	May	June
July	August	September
October	November	December



My \_\_\_\_\_ *HABIT* goal to support this is:

My \_\_\_\_\_ *PERSONAL* goal to support this is:

*Why is this goal vitally important to me?*

---

---

---

---

---

---

---

---

---

---



*What support/education do I need to make this my reality?*

---

---

---

---

---

---

---

---

---

---

*My 12 Month Project* / \_\_\_\_\_ *Goal is:*

*I will* \_\_\_\_\_ *by this date* \_\_\_\_ / \_\_\_\_ / \_\_\_\_

January	February	March
April	May	June
July	August	September
October	November	December

My \_\_\_\_\_ *HABIT* goal to support this is:

My \_\_\_\_\_ *PERSONAL* goal to support this is:

*Why is this goal vitally important to me?*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



*What support/education do I need to make this my reality?*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



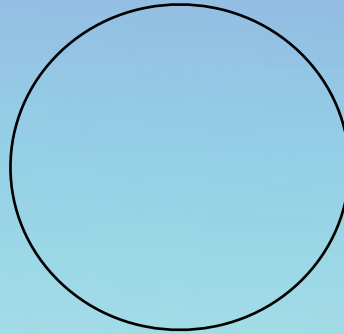
**SECTION 13:  
ACTION PLAN**



**Exercise 13: Time Investment.** How do you currently spend your time? Fill in the pie charts below to see how you split your time up each week, and then work out how you need to spend your time to get your goals!

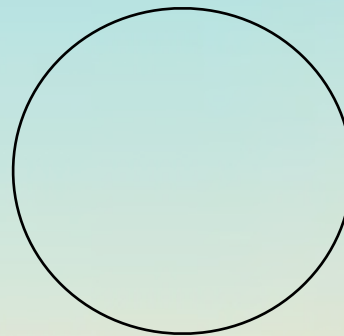
*How do I currently spend my time? (168 hours / week)*

Work/Business  
Wealth  
Sleep  
Sport/Hobby  
Health  
Family  
Friends  
Lifestyle  
Relationships  
Education



*How do I need to spend my time to hit my goals? (168 hours / week)*

Work/Business  
Wealth  
Sleep  
Sport/Hobby  
Health  
Family  
Friends  
Lifestyle  
Relationships  
Education



*Who am I? Draw a picture / describe:*

*I love about myself:*

*My success affirmations are:*

*My values are:*



Exercise 14: The Sweat Room: Why can't you?

*Why can't you achieve your goals?*

*How can you change that?*

*Why don't you have what you want?*

*How can you change that?*

*Why can't you do it?*

*How can you change that?*



*What is stopping you from your dream? (health, relationships, finances etc?)*

*How can you change that?*

*What is in your way?*

*How can you change that?*

*What do you want but don't think you can have?*

*How can you change that?*



Exercise 15: The Sweat Room: Your limits and beliefs

*What is it about you that limits you?*

*How can you change that?*

*My old beliefs were:*

*My new beliefs are:*

*What new things do I need to learn to overcome my blocks?*

*Who do I need to ask for help?*

*What courses or programs do I need to invest in?*



## Exercise 16: Your Habits

*What habits will you install and commit to?*

Work/Business

Family

Wealth

Friends

Sleep

Lifestyle

Sport/Hobby

Relationships

Health

Education

*What rituals will support your goals?*

Work/Business

Family

Wealth

Friends

Sleep

Lifestyle

Sport/Hobby

Relationships

Health

Education

*How will you look after yourself in the next 12 months?*

*How will you recharge?*



Exercise 17: How Will You Stay Motivated?

*How will you stay motivated?*

*How will you stay on track?*

*What are your action steps when overwhelm hits?*

*When it is all f\*\*ked, what will you do?*

*What support do you need?*

*What can you do when you have a problem?*

*Quote: "Don't focus on problem, focus on solution"*





## Exercise 18: Persistence

*What are you persisting with?*

*What have you given up on in the past?*

