Get Clear On What You Want And How To Get It

DREAM LIFE

SUCCESS PLANNER



Daily Manifest

Date:

Daily Priorities

Give direction to your daily tasks - Write down what you want to achieve during the day and why it is imporant to you. Think long term - How are these things going to help you in 1 month, 6 months or 1 year? If they don't, chances are, they're not that important.

01

02

03

To-Do List

Less important things to get done during the day. These might not be that strategic long term, but need to be done nevertheless.

01
02
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04
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12
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14
15

Notes

Daily Planner

Date:

To-Do List

Priorities

01

02

03

04

05

Appointments

01

02

03

04

05

Gratitude

01

02

03

04

05

Other Notes

To Do List

Date:

Item Name	Done?
01	
02	
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Other Notes

My Ideal Life

In order to get to your goals that you want to achieve, we can work backwards by first describing your ideal life. What would your days consist of? What would you do in the mornings, evenings and nights? Where would you be and who would you be with? What experienced would you have? And what your professional life would be like? Remember, this is just an exercise to give you a vision to work towards - it's not set in stone and can change as you go along.

My Dreams

This exercise involved doing a brain dump and writing for 10-15 minutes on what you want to achieve in life. There's no right answers here and the more you write, the better, since you want to get all your ideas on paper. No dream is too big! If you start to blank, think of some role models you look up to (might be your parents, someone in your community, some of your friends or some celebrity - it doesn't matter) and write down what you admire about them ,that you'd like to achieve as well.

Vision Board

Write down key points in each category describing what your ideal life would look like. Use extra notepaper (last templates) if you run out of space! This worksheets is designed to give you an idea of things you would want to strive for. You may think that you don't need to write it down, but writing it down makes it more real and creates a commitment that compels you to move forward to achive your goals.

Career	Finance
Relationships	Love
Personal Growth	Health
Leisure	Home

Bucketlist

Achievements

On this side, write down all the things you want to ACHIEVE in your life - physically, financially, relationship wise, in your career etc.

Experiences

On this side, write down all the things you want to EXPERIENCE in your life - happiness, new places, foods etc.

Things I Want

This is the place where you can write down all the material things you want in your life - all from beautiful country house to a yearly vacation on a tropical island. Don't be afraid to dream! And next to each item you'll be able to write down a cost estimate and you'll most likely discover that you don't need to be ultra rich to get all you want in life (depends on you wishes of course:D). The purpose of this exercise is to get all your dreams on paper so you can use them as a fuel for motivation.

	Item Name	Est. Cost
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Life Inventory

Now it's time to stop an assess your current situation across a variety of categories. Rate each category on the scale from 1 to 10 - one meaning you're absolutely not satisfied with the current situatuon and ten meaning that things could not be better. The goal of this exercise is to give you an idea what you should be working on going forward. In each category you can also write down what you're happy with and what you can do to make things better. Also by doing this exercise from time to time (once every 6 months for example) you can get an overview of some progress that you've made.

Relationships

01	02	03	04	05	06	07	08	09	10

Finance

01	02	03	04	05	06	07	08	09	10

Career

01	02	03	04	05	06	07	08	09	10

Health/Fitness

01	02	03	04	05	06	07	08	09	10

Recreation

01	02	03	04	05	06	07	08	09	10

Accountability

Taking responsibility for your own actions, emotions and current situation is the first step toward breaking out of old patterns and changing your life for the better. This is because all the things that you actually take responsibility (even if you're not directly to be blamed) for are the things that you can change, or if you can't change them, you can improve them going forward. By answering the following questions, you gain some insight into how you can take more responsibility of the things that are holding you back. If you do not accept presonal responsibility then you're approaching the problem as a victim - which means you can't do anything about it - which is counterproductive.

Write down your problem/s

How am I responsible for this problem? Have I made some bad choices? Have I tried EVERYTHING that's in my power to improve things? (if you have, count the things you've actually done)

If you solve this problem, how would your life (or the life of others) improve? Is this problem worth solving?

What can I do to start making things better? What little steps can I start making today to start improving the situation?

Accountability

How would taking responsibility for my RELATIONSHIPS look like? What steps must I take? How would this improve my life?

How would taking responsibility for my FINANCES look like? What steps must I take? How would this improve my life?

How would taking responsibility for my CAREER look like? What steps must I take? How would this improve my life?

How would taking responsibility for my HEALTH look like? What steps must I take? How would this improve my life?

How would taking responsibility for my WELLBEING look like? What steps must I take? How would this improve my life?

Growth vs Fixed Mindset

Often times making progress with some problem starts with a simple shift in mindset. According to researcher Carol Dweck, there are two types of mindsets - fixed mindset and growth mindset. The former means that you believe that some quality or trait (intelligence for example) is innate and you have what you were given by nature. The essence of the latter however is that you can improve on any quality as long as you put in the effort. Therefore with growth mindset you're much more likely to take action and actaully get something done. Below are some examples of growth vs fixed mindset.

Growth Mindset	Fixed Mindset
Challenges Challenges are a way for me to get better	**Challenges** I try to avoid challenges so I don't look stupid
Desires I'll try new things	**Desires** I'll just stick to what I know
Skills I can always improve	**Skills** I'm either good at it or not. If I'm not, it's okay
Obstacles I'll change my approach until I succeed	**Obstacles** I'm just not good at it and that's the way it is
Success of Others I'm inspired by their success. Maybe I have something to learn from their success.	**Success of Others** It's unfair that they're succeeding and I am not.
Criticism I can learn from the feedback I receive	**Criticism** I feel threatened by the criticism I get

Working on Mindset

In this exercise try to indentify your own mindset in a variety of categories and then write down what would be more productive mode of thinking instead (by productive I mean anything that will make you take action and actively work on a solution ratehr than just accept things as they are). On the next page you can also identify your own unique limiting beliefs and how you could reframe them.

How I react to challenges & how I can improve?

How I react to criticism & how I can improve?

How I react when I don't know what to do next? Is it productive?

Am I taking responsibility for my own actions and current situation?
If yes/no, how so? Is this helping me to get forward and how?

Limiting Beliefs

In this section, try to identify other beliefs that are holding you back and how you can reframe them to be more productive. For example you may have been taught when you were little that “money does not grow on trees”. While it’s true in a sence, more productive way of thkinking would be that “I will be rewarded for the value I provide for others - the more I give, the more I will receive”

Current Belief	Better Alternative

Current Belief	Better Alternative

Current Belief	Better Alternative

Current Belief	Better Alternative

Limiting Beliefs

A Belief that is holding you back:

" ex. I can't change myself."

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

Fear Setting

This exercise is loosely based on a section from Tim Ferriss's "4 Hour Work Week" and involves thinking about the worst possible outcomes of an action you know you should take but are too afraid to execute. This allows you to write three categories for each action. First the worst possible outcomes. Second how to prevent these outcomes. And third, when these outcome realy come to pass, how you can mitigate the adverse effects. This should help you come to a realization that the things that you're afraid of are really not that bad. The final category to fill out is what would happen long term if you decided not take take the desired action (this helps you use a proverbial stick on yourself to push yourself towards taking action).

What action do you wish to take

The worst outcomes	**How to prevent**	**How to repair**
What will happen long term (1 year, 5 year, 10 years+) if you don't take this action?		

Action Brainstorm

Stop Doing	
Do Less	
Keep Doing	
Do More	
Start Doing	

Taking Action

I am going to:

ex. build a 6 figure passion business in the next two years.

What limiting beliefs do I have to overcome to achieve this:

ex. I can't quit my current job because I can't pay for my rent.

What steps do I have to take to get started:

ex. start sharing my photography on Instagram.

What tools do I need to get started:

ex. just my phone camera.

Why am I doing this:

ex. I'm doing this because life is too short to not take chances.

I am greatful for:

ex. the opportunity to pursuse my dream.

Goal Setting

01. What do you want to achieve financially in the next year?



02. What do you want to achieve physically in the next year?



03. What do you want to achieve spiritually in the next year?



04. What do you want to achieve emotionally in the next year?



05. What do you want to be remembered for?



Goal Setting

My Vision or goal:

ex. build a 6 figure passion business in the next two years.

Steps to Take:

ex. building a brand around my expertise

Financial Cost:

ex. hiring freelancers

Actions to Take:

ex. building out my portfolio website

Potential Problems:

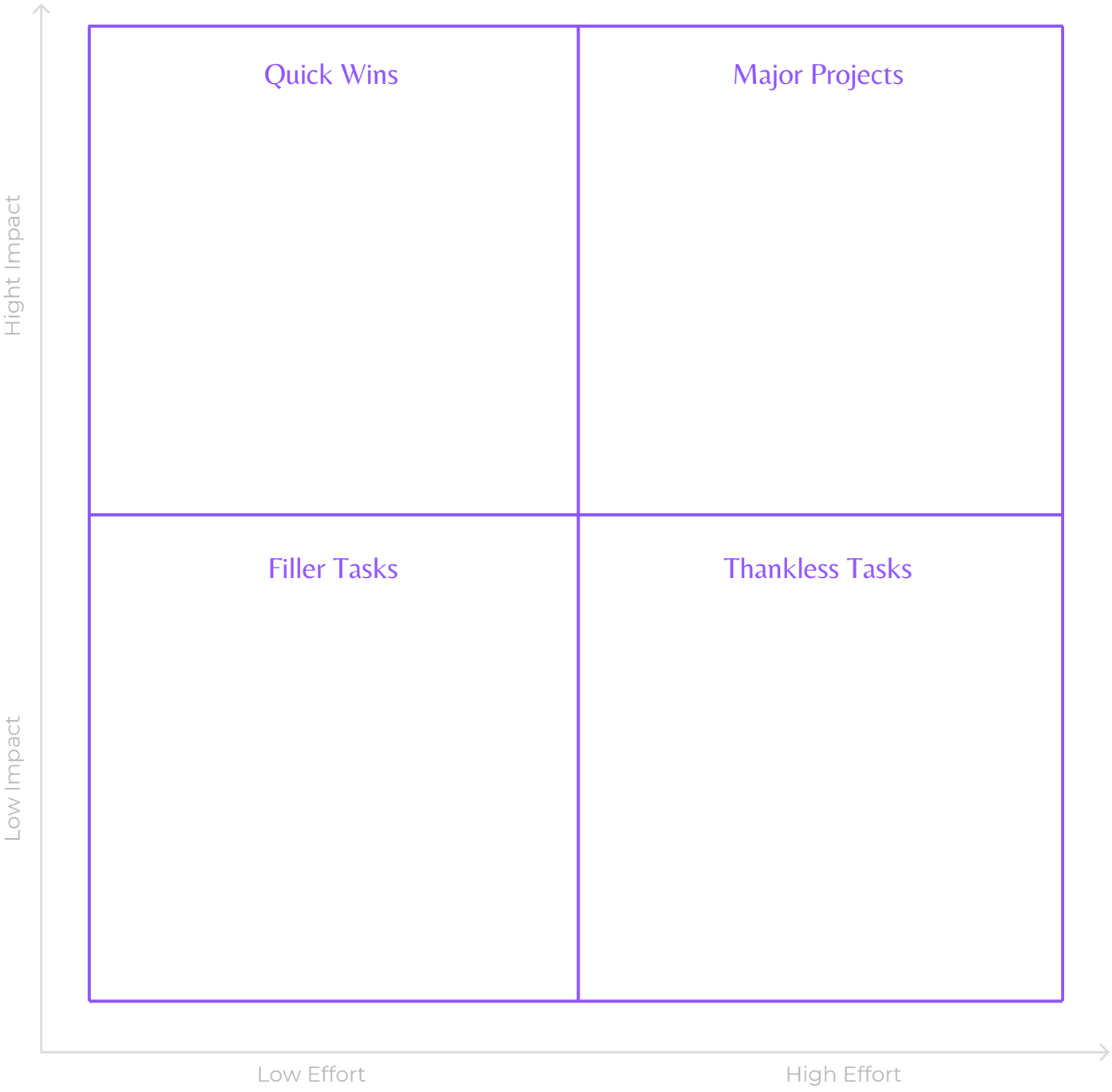
ex. saturated marketplace,
how youl differentiate?

Progress Tracker:

what have I done already
to achiece my goal

Action Priority Matrix

Here's where you can determine what you will want to work on first to have the greatest impact. You can take all that you have written in the previous worksheets and use this "Action Priority Matrix" to set clear priorities on what actions to take first.



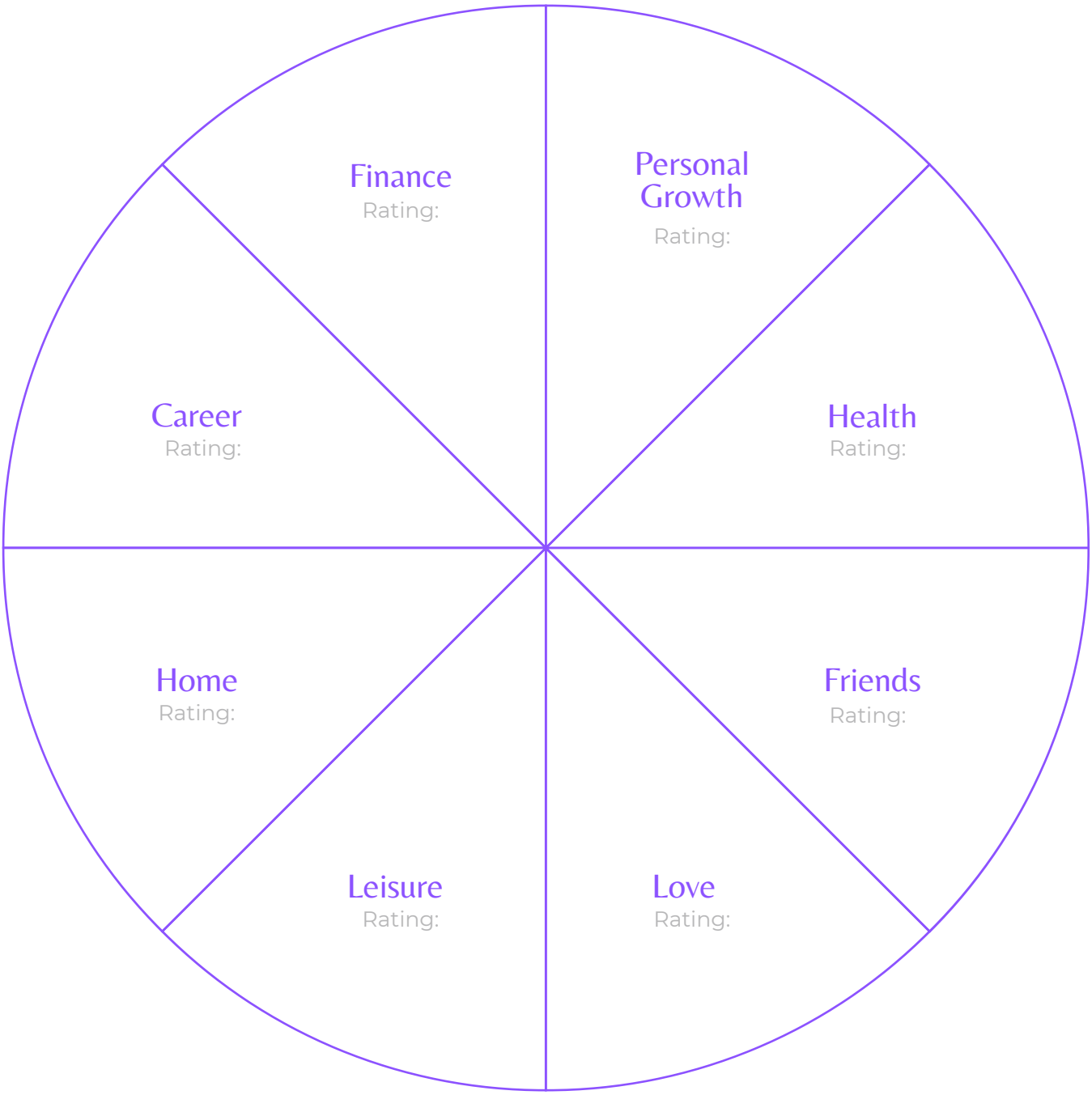
My Priorities

Task Name	Steps to take
01	
02	
03	
04	
05	

Wheel of Life

01

This exercise is designed to take a snapshot of the current situation across variety of categories. This way you have an idea what you're happy with and what needs some extra work. The way you to do this is simple - First just give a rating from 1 to 10 in each category, one being you're totally unsatisfied and ten means that you're over the moon. Then on the next page, fill out what you're happy with and why and what needs some work and how you think you can improve the situation.



Wheel of Life

02

Career

Finance

Friends

Love

Personal Growth

Health

Leisure

Home

My Relationships

In this section, you'll be able to rate your current relationships to a scale of 1 to 10. In each box you'll be able to write down the current relationship and give it a rating. In addition write down what you're happy with and what needs improving & why is this relationship important to you How are these relationships supporting you in the life you're trying to build?

Relationship

01 02 03 04 05 06 07 08 09 10

What are you happy with & what to improve

Relationship

01 02 03 04 05 06 07 08 09 10

What are you happy with & what to improve

Relationship

01 02 03 04 05 06 07 08 09 10

What are you happy with & what to improve

Relationship

01 02 03 04 05 06 07 08 09 10

What are you happy with & what to improve

Self Assessment

On this worksheet you can assess your wellbeing across multiple dimension, including, physical, emotional, spiritual and professional. At the end of this assessment is a little box where you can note down the aspects you'd like to improve upon and how you plan to do it.

I eat healthy foods



I get enough sleep



I exercise regularly



I rest when I'm sick



I take enough time off work



I have cool hobbies



I openly talk about my problems



I spend time with my friends



I spend time with a special someone



I feel very thankful



I'm happy with my work



I work on my professional skills



What would I like to improve and how:

Gratitude Worksheet 01

List ten things you have a reason to be thankful for:

Even if they're really small things like warm sunrays on your face

How are my challenges making me learn:

For example if you have a conflict with someone, you may be learning how to handle yourself gracefully in difficult situations

The people in my life I'm really thankful for:

Make a list of special people in your life and why you're really thankful that you have them in your life

Things I'm looking forward to:

What are some great things and opportunities you're looking forward to. How can you have more such things?

Gratitude Worksheet 02

Make a list of your most recent positive experinces and the little things you can be grateful for. The purpose of this exercise is to make yourself appreciate all the good things that are happening that you otherwise might just overlook.

Today I'm grateful for:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

People I'm grateful for:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Something awesome that happened:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

My best memories:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Best parts of my day:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Things that made me smile:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Affirmations

In this part you'll write down positive affirmations that will have a positive impact on the aspects of your life you're trying to improve. A few important points: First, always write your affirmations in present tense using "I " pronoun. Second, use affirmative & postive words (avoid can't, won't, will not etc). For example "I'm full on energy and always take action", instead of "I'm not lazy". Third, it's important to build a habit of using these affirmations when you're doing the opposite of what you know you should be doing.

Relationships

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let in my life"

Finance

ex. "I'm capable of creating my dream financial life through hard work and dedication"

Career

ex. "I'm always striving to develop myself professionally"

Health/Fitness

ex. "I'm in control of my physical fitness"

Love

ex. "I have people who love me"

Habit Tracker

	Reading	Yoga	Mindfulness	Work Out	Walking	Work	Journal	Write	Family Time	Research
01	✔		✔			✔				
02										
03										
04			✔							
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Notes

Notes