

MY LIFE

Most of our lives are so busy we never take the time to look at them. Here we are going to do just that...look at our life TODAY.

There are 8 areas of life listed below. Look at each area, read the questions and think about your answers. Don't write them down, but think about how you would answer them, honestly. There are no right or wrong answers...this is all about you!

After thinking about your answers to the questions in each area, rate yourself from 1-10. 1 = you need to work on every aspect in that area of your life. 10 = you couldn't possibly improve in that area. Once you have your score, write a couple of words that will remind you later about the reason for the score.

HEALTH:

How well do you eat? Do you plan your meals? How knowledgeable are you about what you eat?

Do you exercise? (think about the last 7 days). Do you like exercising? Do you get excited or feel obligated when thinking about exercising?

Are you happy with your weight? Would you like to lose, gain, or shift some weight?

How is your energy? Do you have plenty throughout the day? Is it low? Does it fluctuate depending on what you eat or time of day?

How do you sleep? Do you get sleep? Is it quality sleep?

HEALTH SCORE WHY

CAREER/WORK:

Do you like work? Do you look forward to going to work? Do you think about work when you are not working? When you are working, do you think about anything but work? Are you excited about your future in your



job/career? Where do you see yourself in five years in your job/career? Is what you are doing your dream job?

CAREER/WORK SCORE WHY

RELATIONSHIPS:

If you have a partner...are you happy with your partner? Do you look forward to seeing them? Do you feel pressure or stress when you are with them? How well do you get along with your partner... Could it be better... how? Is this the relationship of your dreams?

If you do not have a partner...do you want one? Do you feel having a partner would complete, you or compliment, your life? Do you feel lonely without a partner? If you would like a partner, do you date? Do you enjoy dating?

RELATIONSHIP SCORE WHY

FAMILY/FRIENDS:

Think about other relationships in your life. Your family, friends, and even acquaintances. How is your relationship with your family? Your friends? Think about your closest friends and family members. Are there relationships you wish were closer or stronger? Who/Why?

Do you enjoy meeting new people...why or why not?

FAMILY/FRIENDS SCORE WHY

MONEY/FINANCE:

When you think about money, what comes to mind...fun, fear, excitement, responsibility? Think about your bank balance, your savings and retirement. How solid is your income stream...dependable...varies... unknown? How much debt do you have? When you think about your financial situation and the rest of your life, how comfortable do you feel?

MONEY/FINANCE WHY

FUN:

Do you have fun? Would you consider your life fun? Why? Why not?

How do you spend your time when you are not working? Do you spend time on things that interest you? Do you enjoy your “me time?” Are there things you have interest in doing or being involved with that you have not acted on but would like to? Would you like to travel more? How much TV do you watch? Too much? Not enough? How much time do you spend on the internet?

FUN SCORE **WHY**

PERSONAL GROWTH:

Do you spend time thinking about how to better yourself? How much time do you spend learning new things? Are you actively trying to expand your knowledge, and make yourself better?

PERSONAL GROWTH SCORE **WHY**

SPIRITUALITY:

You may or may not believe in a higher power.

If you do, how is your relationship? Is your relationship where you want it to be? How could it be better? Are there places of worship or groups you have wanted to join or visit? What can you do to strengthen your relationship?

SPIRITUALITY SCORE **WHY**



DARE TO DREAM

Do you remember a time when anything was possible...Life was an adventure and you were up for any challenge...Nothing could hold you back?

It may have been when you were just getting out of high school, and the world was yours for the taking, or when you graduated from college, and you were going to rise to the top of your industry. Maybe your dream was to take off and travel the world. Maybe you have a passion for helping others and that is your mission in life. It could have been last week when you thought, "it's time to stop dreaming and start doing!"

Take a moment, close your eyes, and imagine a world where you can go and do anything you wish. There are no financial restraints or responsibilities. There is nothing holding you back!

With this frame of mind, take 5 minutes or so, and write! Write anything and everything that comes to mind. This is a free write, so once you put pen to paper, try not to stop writing...you want a stream of consciousness on paper. Don't judge or worry about what others would think. This is your chance to do anything you want. So, have fun and dream big!

WANTS/DESIRES/DREAMS

You now have an overview of what your life looks like today. You have dreamt about what you want most, and you should be able to come up with some things you really want (in life). These can be short term, long term and anything in-between.

Remember this is YOUR life and you get to do what you want with it. So, what do you want?

There are 8 spaces below where you can write down your Wants, Desires and Dreams. Don't stress about the size of them, or how you are going to get them...just write them down. It's fine if you can't think of 8 things, just write down what comes to mind. If you want some inspiration, look back at your MY LIFE section and create one from each area.

1.
2.
3.
4.
5.
6.
7.
8.

Now that you have some things you want (goals)...let's break them down into, manageable steps...

GOAL BREAKDOWN FORMULA

You wrote up to 8 things you want, desire and dream about. It's time to make some tough choices. Pick the 3 things you want to work on most in the next 13 weeks. You are actively going to work on 3 things that you really want. When you are done with this 13 week TRUE PATH Planner, you will have made amazing strides towards your goal, as well as growing personally in more ways than you thought possible.

Goals are like staircases, you don't just get to a staircase, take one step, and you are at the top. Each staircase is unique and requires a different amount of steps. Same with a goal....

For example, if your goal is to make it to the gym that day, there are probably a couple of steps that need to be taken. If your goal is to buy a house, there are probably many more steps required to achieve that goal.

It's important with a goal, just like a staircase, not to look at the top, but rather focus on the next step. Once you've taken the first step, you can then focus on the next, and then the next and so on. Before you know it, you are at the top!

It's time to break it down...

Simple is Smart! Ask the What, Why, How, Where and When to better understand your goal.

WHAT? The first step to any goal is to define what it is. If your goal is to get a new pair of shoes, you need to ask...what kind of shoes? Be specific....size, color, brand, model, etc.

Being specific is key! If your goal is to get in better shape, don't just say "get in better shape" because that can mean anything. What does that mean? Lose 10 pounds? Gain muscle? Get to a certain body fat percentage? Be specific!

The more specific you are, the more accountable you can be to yourself.

WHY? The next step is why? This is the most important question as the "why" is the motivation behind what you want to achieve. Don't just

write in some generic why, instead dig deep. Like when you were a kid... keep asking why to the answers you come up with...

Why do I want to be in better shape? To look better. Ok, but why do you want to look better? So that I can feel good about putting on a bathing suit. Ok, but why is that important? If I feel good about myself, I will have more confidence. If I have more confidence, I won't be afraid of failing. Once you run out of why's, you can then pinpoint the few that really stick out.

The Why is what gives you the strength to keep taking action on those days you just don't feel like it. Find the motivational why's behind your goal and you will be much more likely to achieve it.

HOW? The how is your blueprint to achieving your goal. Start writing down all the actions that will help you accomplish your goal. From broad to specific.

For example, if your goal is to be in better shape then you focus in on diet and exercise.

What can you eat? What can't you eat? Do you eat small meals every 3 hours? Do you comply to a diet you have used in the past that you enjoy? You need to create a roadmap that will work for you.

This goes for exercise as well. Do you like the gym? Run? Yoga? Crossfit? There are a number of things you can do, so you need to choose what works for you and how you will do them.

WHERE? Where are you going to achieve your goal? This can be broad like everywhere, or very specific like spin class.

WHEN? When do you want to achieve your goal?

There are some goals that have no timeline, and for those you can put ASAP or before I die. But, if possible, have a "goal line" you are going to cross.

Once you answer the What, Why, How, Where and When, your vision for what you want should be much clearer.



TIMELINE

The Timeline is where you construct your staircase for your goal. You now understand your goal, but it's time to break it down into manageable steps. You start by putting the final step first...the Goal line.

Goal line – This is where you finish, or achieve your goal. Just take the “When” from the breakdown process and transfer this to the goal line.

13 Weeks – Where do you want, or need, to be at the 13 week point in order to be on pace to achieving your goal?

30 Days – What are you going to do in the next month in order to be on pace for your 13 week mark and ultimately your goal line?

7 Days – What are you going to do this week? What action steps need to be taken this week to be on track to reaching your 30 day mark?

Daily – What action steps are you taking daily. In the staircase analogy, this is the step you are looking at right now. This is the only step you need to think about. Once you take this step, you can look at the next (next day). And so on....One step at a time!

GOAL BREAKDOWN

What:

Why:

How:

Where:

When:



TIMELINE

Goal line:

13 Week:

Month:

Week:

Day:

