

YOUR PASSION ROADMAP

A STEP-BY-STEP GUIDE TO MAPPING OUT YOUR GOALS

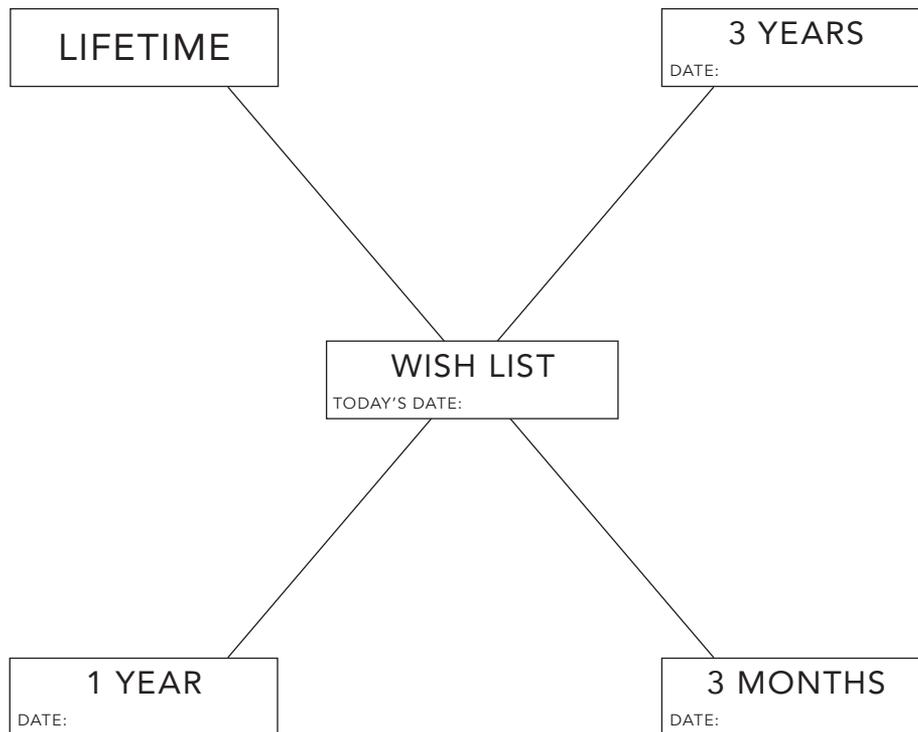
1. MAKE A WISHLIST

Set a timer for five minutes. Imagine that whatever you write on this piece of paper will come true within the designated time frame. Think of it as a wishlist describing your ideal life. Ask yourself,

“IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING, WHAT WOULD IT BE?”

Write every single thing that comes to mind and be as specific as possible. Lastly, do not feel the need to be realistic or justify your dreams. Just write.

READY. SET. GO.



2. PRIORITIZE

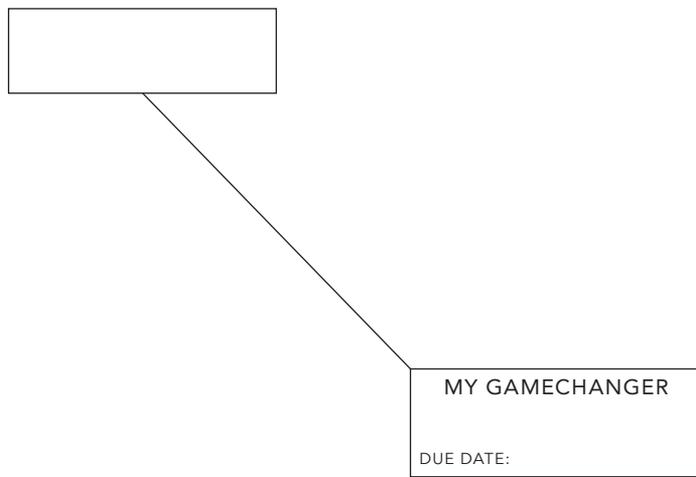
Time's up! Now set the timer for 1 minute. Go back to each of the four sections and circle one goal that would have the MOST positive impact on your life.

READY. SET. GO.

These are the four goals that you are going to prioritize. Now we are going to create a Passion Plan to map out how to get there. A Passion Plan is a mind map that visually breaks down your goals into steps that are specific, actionable, measurable, and time sensitive.

3. CREATE YOUR FIRST PASSION PLAN

Your GameChanger is the goal that would have the most positive impact on your life right now. Write this in the blank box below. Set your timer for five minutes. Write down all the necessary steps needed to achieve your goal; the more detailed, the better. Connect each step to the middle box with a line (see example).



4. ADD SPECIFICS

Assign due dates for each of these tasks. Be specific and be sure to indicate how much, how many, or by when.

5. CREATE A TIMELINE

Number all the tasks in the order in which they must be completed.

6. MAKE A DATE

Write all these tasks in the corresponding due dates in your weekly layout. Throughout the year, use these as checkpoints to keep you on track.

7. WORK AT IT!

For this goal, strive to do at least one productive thing at the beginning of your day to get you closer to your goal. Consistency is key. If you skip a day, be sure to make up for it the next day.

8. REPEAT

Repeat this process for as many goals as you'd like.

EXTRA CREDIT

Find a follow-up buddy to check-in with you and help you stay accountable for your goals.

Cross out "Lifetime", "3 Years", "1 Year" and "3 Months" and replace them with "5 YEARS", "1 YEAR", "3 MONTHS" and "1 MONTH" respectively. Now challenge yourself to meet those deadlines.