

clarify your life

Step One: Write a paragraph outlining yourself and your lifestyle in 10 years!

Ensure you cover the following points -

- where do you live?
- what does environment feel like?
- are there any colours that are vivid in this environment?
- what is your current career?
- what have you achieved?
- how do you feel about yourself?
- what is your family situation?
- what is your friend situation?
- if you're in a relationship, what is this relationship like?
- what do you do that brings you joy and excitement?
- how do you spend your days?



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Step Two: Make a vision board visualising your future self 10 years down the track.

Include: colours, quotes, interiors, environments, clothing, moods, words etc.

Great resources to help you out include magazines, pinterest, google images and samples!

Step Three: Write a Stop/Start List outlining the things you need to stop, and the actions you need to begin to fill the spaces between you and your future self.

STOP:

START:



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Step Four: 10 year vision - 5 year vision - 1 year vision

In bullet pointed form, write out your 10 year vision by breaking down your paragraph into simple terms. For example:

- to be healthy, fit, content and successful in my own right

Repeat this process for your 5 year vision and your 1 year vision, each step should lead back to the 10 year vision. In other terms, what do you need to achieve within the next 5 years to help you to achieve your 10 year vision etc.

10 YEAR VISION

5 YEAR VISION:

1 YEAR VISION



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Step Five: Break down your 1 year vision into bite sized, specific goals

What actionable steps do you need to take to progress towards making your 1 year vision a reality?

WRITE AN ELEMENT OF YOUR VISION HERE

Action Steps:

Action Steps:

Action Steps:

Action Steps:

Action Steps:

Action Steps:



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Step Six: Collate and organise these actionable steps into monthly, weekly and daily goals which you can incorporate into your routines and track your achievements!

You may wish to repeat this step every month to ensure that each month has a unique focus and associated goals in which you are focusing on.

MONTHLY GOALS

WEEKLY GOALS

DAILY HABITS

