DATE _____

What do you want *your life to hold?*

Write the someday first, then work back: where you'd be in ten years, what that means this year, and one first step.

	Someday BY 80	In 10 years WHERE YOU'D BE	This year WHAT IT MEANS NOW	First step THIS MONTH
Health body, energy, sleep				
People family, partner, friends				
Work craft, career, purpose				
Money security, freedom				
Learning skills, languages				
Making creative work				
Adventure places, experiences				
Giving community, legacy				

Life goals examples to start from: plannedo.com/blog/life-goals-examples

DATE _____

Your best possible life, *ten years from now.*

Twenty minutes, no editing. Then test what you wrote with three questions, and come back to it once a year.

I BEST POSSIBLE LIFE — TWENTY MINUTES, JUST WRITE

Imagine it's ten years from now and everything has gone as well as it reasonably could. You worked hard and things came together. What does a normal day look like? Who is in it? What did you make, learn, see?

II THREE QUESTIONS — FOR EVERY GOAL ON THE MAP

At 80, what would I regret never having tried?	Which would I still want if nobody ever knew?	Which one starts this year, and when?

III LOOK AGAIN — ONCE A YEAR, YOU'LL HAVE CHANGED

◯ Year 1 ◯ Year 2 ◯ Year 3 ◯ Year 4 ◯ Year 5 ◯ Year 6 ◯ Year 7 ◯ Year 8 ◯ Year 9 ◯ Year 10

Why these questions: plannedo.com/blog/life-goals-examples