

**3 Guidelines from DY2:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Phase 2: Ideal Vision**

**Module 4: Establish Concrete Goals**

Designing a life focused on \_\_\_\_\_, rather than  
focused on \_\_\_\_\_.

What do I really want? What is your BHAG?

BHAG= (B\_\_\_\_\_ H\_\_\_\_\_ A\_\_\_\_\_ G\_\_\_\_\_)



## Honoring Priorities

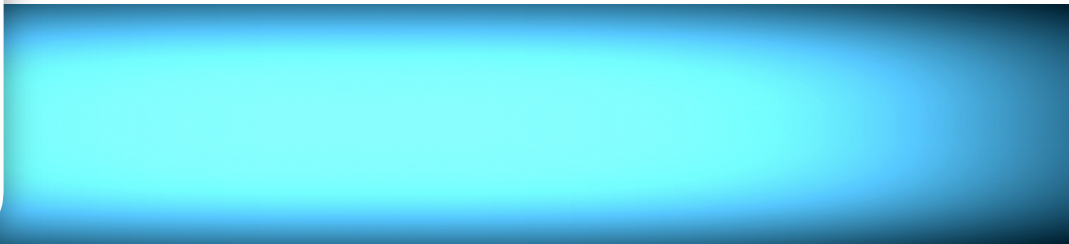
The 1<sup>st</sup> priority I'm honoring is \_\_\_\_\_.

This is how I'm honoring it.

The 2<sup>nd</sup> priority I'm honoring is \_\_\_\_\_.

This is how I'm honoring it.

**BHAG Adjustment:**



## My Ideal Day

Time	Activity
	Wake-Up
	Go to Bed

How do I feel about this day? \_\_\_\_\_



## Creating Concrete Goals: I am, I have

### Style 1: Organized by Area:

#### Friends

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

#### Family

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

#### Health

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

## Physical Environment

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

## Fun and Recreation

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

## Money

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

## Career

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

### Significant Other/Romance

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

### Personal Development

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

### Spiritual Development

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

### Other

6 months: \_\_\_\_\_

1 year: \_\_\_\_\_

5 years: \_\_\_\_\_

Lifetime: \_\_\_\_\_

**Style 2: Organized by Timeline (6 Months)**

**Friends:**

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**Family:**

---

**Health:**

---

**Physical Environment:**

---

**Fun and Recreation:**

---

**Money:**

---

**Career:**

---

**Significant Other/Romance:**

---

**Personal Development:**

---

**Spiritual Development:**

---

**Other:**

---

**1 Year**

**Friends:**

---

**Family:**

---

**Health:**

---

**Physical Environment:**

---

**Fun and Recreation:**

---

**Money:**

---

**Career:**

---

**Significant Other/Romance:**

---

**Personal Development:**

---

**Spiritual Development:**

---

**Other:**

---



**5 Years**

**Friends:**

---

**Family:**

---

**Health:**

---

**Physical Environment:**

---

**Fun and Recreation:**

---

**Money:**

---

**Career:**

---

**Significant Other/Romance:**

---

**Personal Development:**

---

**Spiritual Development:**

---

**Other:**

---

**Lifetime  
Friends:**

---

**Family:**

---

**Health:**

---

**Physical Environment:**

---

**Fun and Recreation:**

---

**Money:**

---

**Career:**

---

**Significant Other/Romance:**

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**Personal Development:**

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**Spiritual Development:**

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**Other:**

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## Having the Physical Image to Make it More Real

**Digital Image:** Create a collage using the free online program called Canva at [www.canva.com](http://www.canva.com). Other options are [www.Picmonkey.com](http://www.Picmonkey.com) or going into Word.

**Vision/Dream Board:** You can also make a vision board or dream board by cutting magazines.

### One of My Vision Boards



What's a DYNAMIC Goal?

What's my DYNAMIC Goal?