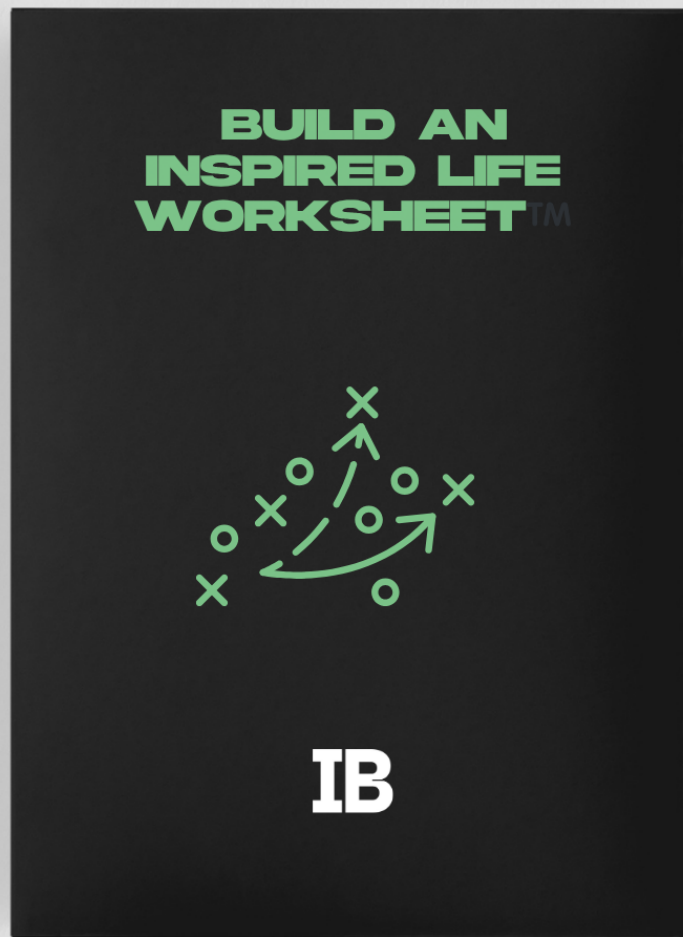




Get clear what you want from your life & create a plan to get there:

- Vision (10 years): your fuel
- Goals (1 year): your compass
- Missions (90 days): your plan

Happiness comes and goes, it's a temporary feeling. On the other hand, fulfillment is a state of being - something much bigger.

Goal setting is powerful, but where most go wrong is setting goals to achieve happiness. Then wonder why they either give up, or feel flat as f*ck - even when they smash their goals.

When we build an inspired life, it's fuel for everything we do. A fire inside that transforms even boring tasks into f*cking important. It creates leverage that plays on our most basic human instincts: moving *towards* pleasure and *away* from pain.

This worksheet is designed to help you get clear on what an inspired life looks like for you (only you can decide that).

How to use this Worksheet: type this up on a separate document (or grab a pen & paper if you wish) + answer the Q's below.

SECTION 1: REMEMBER WHO THE F*CK YOU ARE

When we set goals, we often do it from a mindset of "lack". I want more of "X" or "Y", which is not an inspired state of mind.

When it comes to long-term goals, anything is possible. Whether we think we can achieve something, or whether we can't - we're probably gunna be right.

Remembering who the f*ck you are and all the things you've *already* achieved is a more powerful state of mind to set goals from.

Action: set a timer for 10 minutes and write down answers to the Q's below. Don't stop writing until the 10 mins is up.

- Empty your brain of all the wins you've bagged since we were a kid. Big or small. Personal or professional. Get them down on paper, don't leave anything out.
- Next, reflect on the mountain of sh*t you've climbed over. What battles have you faced and beaten? Personal and professional - write them down.
- How have you changed, grown, what have you learnt? From good times and challenges. Get it down on paper.
- Finally, think about your impact. How have you added value to the lives of the people around you? Friends, family, colleagues, your community. Write down the names of anyone who's benefitted from you being in their life.

SECTION 2: SETTING YOUR VISION & YOUR ANTI-VISION (YOUR FUEL)

The key to building an inspired life is how **you** focus your *thoughts, actions, and decisions*. Your life in 10 years time will be a result of where you choose to place your focus.

- The *good* news about focus - you can control it, and it's a skill you can improve.
- The *bad* news about focus - distractions are everywhere, especially when building a business.

You're in charge of designing and building your life. Creating an inspiring vision is going to help you refocus through distractions and is going to be fuel to get over the inevitable speed bumps and around the roadblocks along the way.

Action: set the timer again for 10 mins and write. Don't overthink, just write the first things that come to your mind. Don't stop until the 10 mins is up.

YOUR VISION:**1) Picture yourself 10 years from now - what does a week in your dream life look like? (use the Q's below as prompts)**

- Where are you living?
- Who are you spending time with?
- What are you doing?
- How are you living your life?
- What do you enjoy doing?
- Where have you visited?
- Who have you impacted?
- Who has benefitted from you living an inspired life?
- What legacy have you created?
- What skills have you mastered?
- Who have you become?
- What role do you play in your family?
- What role do you play in your inner circle / community?
- What is your physical fitness like?
- What is your mental fitness like?
- What is your financial fitness like?
- What sacrifices did I need to make to achieve my dream life?

Action: set the timer again for 5 mins and write. Don't overthink, just write the first things that come to your mind. Don't stop until the 5 mins is up.

YOUR ANTI-VISION

2) Next, picture yourself 10 years from now - what does a week in hell look like? (use the Q's below as prompts)

- Where are you living?
- Who are you spending time with?
- What are you doing?
- How are you living your life?
- What do you hate doing?
- Where have you visited?
- Who have you negatively impacted?
- Who has missed out on you not living an inspired life?
- What bad habits have you continued?
- What have you wasted your time doing?
- Who have you become?
- What role do you play in your family?
- What role do you play in your inner circle / community?
- What is your physical fitness like?
- What is your mental fitness like?
- What is your financial fitness like?

When pleasure (your dream life) + pain (a life from hell) = become greater than the daily effort of doing your tasks, you've got leverage. Creating leverage is the most powerful thing you can do to maintain motivation, discipline and smash your goals.

Action: look back at what you've just written. Write down the x3 things that excite you most from your dream week. Next write down the x3 things that scare you the most from your hell week. These are your fuel for when things get tough or when you need to refocus. Make them visible (e.g. post-it notes around the house, journal, screensaver on your phone).

SECTION 3: SETTING YOUR 1-YEAR GOALS (YOUR COMPASS)

We overestimate what we can achieve in a week, but underestimate what we can achieve in a year. This is a result of the compounding effect of small daily improvements. When our daily thoughts, decisions, and actions (aka our habits) are aligned with our vision, we slowly build up massively valuable new skills, knowledge, lessons, connections, and other resources. Armed with these new resources, we become a different person, capable of achieving completely different results.

Action: Write where you are now for each of the 5 Areas Of Focus (and rate from 0 to 10). Next, imagine we're together 1 year from now - what does a f*cking epic year look like for each area of focus? Be specific (can we measure it?). Then, what's in the gap to getting there?

IMPORTANT NOTE: *There's probably loads of things to improve. This is a good thing - they're opportunities we'll support you with.*

5 AREAS OF FOCUS	WHERE ARE YOU NOW? (RATE OUT OF 10)	WHERE DO YOU WANT TO BE IN 1 YEAR? (<u>SPECIFIC</u> GOALS)	WHAT'S IN THE GAP? (WHAT NEEDS TO CHANGE?)
#1 Business Fitness (Business profit, fulfillment and freedom)			
#2 Mental Fitness (Capacity to handle pressure, focus, self-esteem, motivation)			
#3 Physical Fitness (Energy levels, cardio health, strength, physical condition)			
#4 Key Relationships (Family, friendships, love life, social connections)			
#5 Living Life (Fun, excitement, hobbies, relaxation, recharging batteries)			

SECTION 4: 90 DAY MISSIONS (YOUR PLAN)

90 Day Missions, are your 3-5 priorities for the next 90 days. Instead of being overwhelmed with figuring out how the f*ck we'll get to big long-term 10-year visions, or 1-year goals, we focus down on a "90-Day World". This helps us prioritise, making things manageable, and most importantly: creates laser-focused action, which builds momentum and traction.

The key to successful missions is focusing on actions that are within our control. E.g. Increasing revenue by £X = NOT within our control (clients choose when they sign up). Vs. Creating a new lead magnet and having 20 conversations daily with ICP's = IS in our control.

Action: From your 1-year goals, write your 3-5 priorities. Then rank these in order of priority: no.1 is your first mission we'll get to work on.
NOTE: If you need help prioritising, Google "Eisenhower Matrix" and plot your goals on the matrix to rank them on importance and urgency.

Next, we'll create a plan for your first mission. Don't worry if you have any gaps or questions, we're here to support you. If you need help - message us, or book a 121 using the link on the portal.

Mission 1	Answers Here
What <i>specific</i> result/change do I want?	
By when?	
What actions/tasks need to take place? (List all the key ones)	
Who's responsible for the tasks? (One owner, or there's no owner)	
Tracking (suggest weekly, tasks complete "yes or no", celebrate wins, action change for no's)	
Support / resources needed?	
Potential challenges (list and plan ahead how we'll overcome)	

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