



My Personal Vision and Goals



“You will either lead a life by design or live a life by default!”

Role: Personal (Physical, Mental, Emotional, Spiritual)

Vision: I live a balanced, healthy lifestyle, and I am in great physical shape. I prioritize my physical, mental, emotional, and spiritual well-being. I am striving to be financially free with no debt or obligations to anyone.

Goal(s):

Physical: Run a 10k by September 1st. Average 72 BPM by July 1st.

Mental: Read at least 12 improvement/motivation books before Dec 30th.

Emotional: Average two yoga sessions per week.

Spiritual: Average four walks in nature per week.

Role: Manager

Vision: I am a transformational leader who knows the stories of my team members. I invest in whatever resources I can to give my team the best training and help them reach their fullest potential. I am the type of leader they would support and follow without the title!

Goal(s):

1. Finalize the strategic plan for our division by February 1st.

2. Do a Continue - Start - Stop with all employees by April 1st.

3. Achieve \$1.5M in sales by December 27th.

4. Acquire 15 new customer contracts by June 1st.

Role: Parent

Vision: I am an example of what a kind and caring person looks like. I am the type of person I want my daughters/sons to marry. I am present with my children and continuously develop great memories together. I help them see their potential and how they can make a difference in the world.

Goal(s):

1. Average one family weekend trip within five hours of our home every other month.

2. Take each kid on at least one, one-on-one trip before Dec 30th.

3. Help each child finish their Roles and Goals by January 10th.

4. Average one fun daddy/daughter (son) date night per month.

Role: Spouse or Partner

Vision: I strive to be kind, compassionate and help Tonya feel like a 10. I validate her feelings and help her feel respected. I am totally faithful in thought and action, and I look for opportunities to compliment her, serve her, and be the husband of her dreams!

Goal(s):

1. Read *Start with the Vision* together and finish the Six-Step Process for our relationship by July 1st.

2. At least two weekend getaway trips together before December 30th.

3. Average two dates a month without the children.

4. Finalize a family vision by March 1st.

Role: _____

Vision: _____

Goal(s):

Accountability: I will share my goals with _____