

LIFE BLUEPRINT WORKBOOK

"If you crave financial success, peace of mind and a balanced life . . . this is a must-read!"
T. Harv Eker, Author of #1 NY Times Bestseller *Secrets of the Millionaire Mind*

KEEP ANY PROMISE

a blueprint for designing ●
your future

Karim H. Ismail

Introduction

This workbook should be used in conjunction with the book, ebook or audiobook, *Keep ANY Promise: blueprint for designing your future*. To order the book, ebook or audiobook, please go to www.KeepAnyPromise.com.

Best wishes,

Karim H. Ismail

Author, *Keep ANY Promise*

Contents

| | |
|--------------------------------------------------------------------------------|-----|
| Introduction | 2 |
| Getting Started: Where Are You Now and Where Do You Want to Be? | 4 |
| Achieve ANY Goal..... | 15 |
| Chapter 13: The Spillover Effect | 35 |
| Chapter 15: Where Do You Want to Be in One Year with Each of Your Goals? | 37 |
| Chapter 16: What Do You Plan to Achieve in the Next Ninety Days? | 43 |
| Chapter 17: Monthly Plan | 50 |
| Chapter 19: Seven Magical Questions to Bring Fulfillment to Each Day | 89 |
| Chapter 21: The Life Quiz..... | 96 |
| Chapter 22: My Values..... | 97 |
| Chapter 23: My Life Purpose | 102 |
| Chapter 25: My Top 50 Wishes..... | 107 |
| Chapter 28: My top 10 fears..... | 112 |
| Chapter 29: My Daily Affirmations | 117 |
| Chapter 30: What's the Next Step? | 118 |

Getting Started: Where Are You Now and Where Do You Want to Be?

EXAMPLE: Here is how I viewed the world in 2003 and how I imagined it would be in 2006.

| | A | B | C |
|---|----------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------|
| | Life category | My view of situation today (2003): | Visualization of my future (2006): |
| 1 | Financial security | Inadequate savings/growing debt/ inadequate annual income | Sound financial base; reduced business debt; doubling of annual income |
| 2 | Spirituality | Little spiritual connection | Deep spiritual connection |
| 3 | Family relationships | Strained in many instances | Happy, respectful family relationships |
| 4 | Mental outlook | Negative: little hope for the future either personally or for the human race | Highly positive, great future outlook |
| 5 | Health and fitness | Overweight, in constant, excruciating pain | At ideal weight, overcoming all back pain and other ailments |
| 6 | World impact | Little ability to make any impact on the world | Start of growing ability to impact the world |
| 7 | Happiness | Despondent | Joy-filled days |

Now it's time to take stock of where *your* life is at today and where you would like it to be in the next three years.

1. In Column A, list *your* top-ten life categories, in any order you wish. Your categories can be whatever you wish: a category is simply an area of your life in which you want to constantly improve. Here are some examples of life categories, but feel free to add your own categories or to reword these:

- | | |
|-----------------------|----------------------------|
| 1. Emotional outlook | 11. Enduring relationships |
| 2. Energy | 12. Security |
| 3. Financial freedom | 13. Self actualization |
| 4. Friendship | 14. Self discovery |
| 5. Fun/recreation | 15. Sexual fulfillment |
| 6. Happiness | 16. Spiritual connection |
| 7. Health/well-being | 17. Time off |
| 8. Home | 18. Travel |
| 9. Family | 19. Work/career |
| 10. Mental well-being | 20. World contribution |

If you cannot come up with ten categories, don't worry; list as many as you can.

2. In Column B, be completely honest as to where you think you are *today* in every one of these categories of your life.
3. For Column C, **close your eyes and think hard** about the first category for one minute. What would your life

be like in this category in three years if there were absolutely no obstacles in your way? Think hard and think *big*, because, as you will learn later, our minds react more strongly to larger visions than to small ones. Write down this vision in Column C. Write everything you can think of without editing, just like in a brainstorm exercise. Keep in mind that no idea is too big or impossible.

4. Repeat the process for each category, ensuring that you **take the time to close your eyes for one minute each time**, so that a wonderful vision can emerge for every category. If your vision does not make you gasp, perhaps you are not thinking big enough! The more uncomfortable and daunting the goal seems, the better.
5. For each category, rate how difficult you think attaining this vision will be in Column D. Surprisingly, you might find that even though you have a powerful vision, it may not be that difficult to actually achieve some of the results you have defined. If all of them seem very easy or easy, stop and redefine your three-year vision—you may be aiming too low.

Where Are You Now and Where Do You Want to Be?

| | A | B | C | D |
|----|---------------|--------------------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------|
| | Life category | My view of my world today: (year) _____ | My vision in three years: (year) _____ | Rate this from 1-5 (1 = feeling next-to-impossible 5 = feeling highly possible) |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |

PART 1

Achieve Any Goal

Chapter 1: What Is Your Most Important and Audacious Goal?

Let's begin by picking one of the life categories that you listed earlier. Pick one that is the most important to you and simply rewrite below, where you would like to be in three years in this category. You will eventually have the opportunity to go through the same thinking process for all your life categories.

If you took this important first step, bravo! You have begun your journey of goal achievement with the simple task of stating a huge goal, which I hope seems challenging to you. The more uncomfortable and daunting it seems, the better.

Chapter 2: What Is Your Timeframe?

Think about your timeframe or deadline for achieving your huge, outrageous goal, and then write it below. While in most cases this will be a three-year timeframe for a huge goal, let your instinct guide your timeframe, making it either less or more than three years.

Chapter 3: How Will You Measure It?

Define below how you will measure your goal. Be as specific as you can.

Chapter 4: What Are Your Compelling Reasons?

Define below *your* absolutely compelling reasons for achieving your goal. Focus on *why* it's really important to you to achieve this goal. Your reasons could stem from a huge challenge, from your pain, someone else's pain, an image, etc. Think hard, and make these reasons as emotional as possible, as we are all driven by our emotions, no matter how rational we think we are. Be careful not to focus on benefits in this section, simply list *why* it's important to achieve this result.

Chapter 5: What Benefits Do You Expect to Gain?

List as specifically as possible below the key benefits you expect from reaching your goal. List as many benefits as possible.

Chapter 6: What Are the Consequences of Not Achieving Your Goal?

Define below the consequences of *not* achieving your goal. Make these as emotive as possible:

Chapter 7: What Are the Obstacles to Achieving Your Goal?

List below all the obstacles you can think of that may prevent you from reaching your goal, in as much detail as possible. Every time you do this, you will observe an amazing phenomenon. As you list your obstacles, your mind will move into problem-solving mode and start thinking immediately of solutions. Not all solutions will come at once. But over time, you can be confident that you will come up with solutions to every one of the obstacles you list, no matter how big an obstacle may initially seem. Just try it.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Having listed your obstacles, are you already thinking of solutions? Hold onto these thoughts for the next exercise.

Chapter 8: What Are the Solutions to Overcoming Your Obstacles?

Rewrite your obstacles below. Next to them, brainstorm one or more possible solutions. If you find that you are unable to define all the solutions on the first try, don't worry. Just keep coming back to this list, and eventually solutions will come to you. Remember, problem solving is ingrained in our nature.

| | Obstacles | Solutions |
|----|-----------|-----------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

Chapter 9: What Resources Can Help You Attain Your Goal?

Define below the resources that you can enlist to help you achieve your goal. Resources can be people, tools, financial or spiritual systems, or anything you wish. You might also want to include the resources that you would like to enlist, but feel you cannot for one reason or another.

Revisit the list a few times: you will be surprised at how your list grows. Then look carefully at those resources that you didn't think you could enlist, and think harder, talk to others, and let your mind ponder this seeming impossibility. Watch what happens!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

When you get an opportunity to contribute to someone else's huge goal or dream, go out of your way to help others achieve their goals. What goes around, comes around.

Chapter 10: What Are Your Ninety-Day Milestones?

Repeat below the *huge* goal you listed in Chapter 1 in the left column. Confirm how you will measure achievement of your goal in the middle column. Now, define your milestones, i.e., where could you be in the next ninety days? Be as specific as you can about your milestones in order to easily measure them. Later, you will have the opportunity to create milestones for future ninety-day periods and all your goals.

| Goal (from Chapter 1) | How you will measure it (from Chapter 3) | Milestones for the next 90 days |
|--------------------------|---------------------------------------------|---------------------------------|
| | | 1 |
| | | 2 |
| | | 3 |
| | | 4 |
| | | 5 |

Chapter 11: With Whom Will You Share This Goal?

You will find it most helpful if you share your goal with people who will give you encouragement and feedback. They should also challenge you when you are having difficulty. Be careful, though, of naysayers (and there are plenty of them), for they will undermine your confidence. So select this small group carefully, and keep them updated regularly, for they will spur your progress.

List below at least three people with whom you would like to share your goals and who you will commit to updating regularly, ideally every two weeks.

1.

2.

3.

4.

5.

You are almost there. The next step is really the icing on the cake, but a vital final step in helping you keep any promise you choose to make.

Chapter 12: What Will Your Goal Look Like, Feel Like, and Sound Like?

Use the space below to visualize your goal when it is achieved at the end of the timeframe you defined in Chapter 2. Be as descriptive as possible, using words, photographs, and sketches.

Now that you have had the courage and taken the time to answer the questions posed in Chapters 1 to 12, I invite you to bring all these thoughts together and list them in one place, using the following worksheets.

If you complete this exercise fully, you will be on your way to becoming a powerful goal-setter. Remember: you can use these twelve steps to achieve *any* goal in the shortest possible time, with the least amount of strain.

For all your goals, make copies of the following blank worksheet, and think through the twelve steps carefully for each of your promises. As you complete your thinking in this systematic manner, you will find that you are already along the way to achieving your goals.

Achieve ANY Goal

_____ (your name in full) **Life Category 1:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 2:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 3:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 4:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 5:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 6:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 7:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 8:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 9:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Achieve ANY Goal

_____ (your name in full) **Life Category 10:** _____

| | | |
|----------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 1 | Your important and AUDACIOUS goal is . . . (hint– make your goal huge) | |
| | | |
| 2 | Your timeframe is . . . (hint – ideally three years, but it can be whatever you wish) | |
| | | |
| 3 | You will measure achievement of your goal by . . . (hint – be as specific as possible) | |
| | | |
| 4 | Your compelling reasons for reaching your goal are . . . (hint – think of WHY this is important) | |
| | | |
| 5 | The benefits/results you expect to get are . . . (hint – think of WHAT you expect to gain) | |
| | | |
| 6 | The consequences of NOT achieving your goal are . . . (hint – make these as painful as possible) | |
| | | |
| 7 | The obstacles to your achieving this goal are . . . | 8. The strategies to overcoming the obstacles are . . . |
| | | |
| 9 | Your resources to help you attain your goal are . . . (hint – list people, systems, tools and techniques) | |
| | | |

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------|
| 10 | Your 90 day milestones are . . . (hint – be as specific as possible regarding what you want to achieve in 90 days) |
| | |
| 11 | I will share this goal and information with . . . (hint – list three people with whom you will share this goal) |
| | |
| 12 | Your goal will look like, feel like, sound like . . . (be as descriptive as possible, using words, photographs and sketches) |
| | |

Date: _____

Chapter 13: The Spillover Effect

Think of an area of your life where you have made significant progress. Did it have a spillover effect? How do you recognize it? Was it a positive spillover or a negative one? How did the spillover show up in your life? When was it most apparent? How did you respond to it? How could you use this new knowledge to help you keep more promises in your life? Write your thoughts below.

PART 2

Chapter 15: Where Do You Want to Be in One Year with Each of Your Goals?

Many people set annual goals, perhaps New Year's, birthday, or anniversary resolutions, or goals and objectives for work planning and budgeting. Do you? If so, do you find yourself generally achieving most of these goals, or not? If you want to keep your annual promises, complete the section below. I have provided an example to guide you.

EXAMPLE

Timeframe: August 24, 2007 to August 24, 2008 (my daughter's birthday)

| | Life Category | Where I am today (Aug. 2007) | My goals for the next 12 months |
|---|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Write a bestseller so I can eventually help 5 million people achieve huge goals in their lives | <ul style="list-style-type: none"> • The bestseller draft is completed • Endorsements are in progress • Arrangements with publisher are in place | <ul style="list-style-type: none"> • Publish the book, and market it so that it reaches out to as many people as possible (100,000 in Year 1) • Launch software to support the book • Launch the new Web site and have 10,000 subscribers by end of Year 1 |
| 2 | Fitness | Hiked high in the Andes successfully with my daughter | Climb to Everest Base Camp |

Timeframe: Year ending _____

| | Life Categories | Where I am today | My goals for the next 12 months |
|----|-----------------|------------------|---------------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |

I am certain that if you follow the twelve-step process outlined in Part 1, you will make great progress in the next twelve months toward achieving these goals.

Chapter 15: Three Year Plan and Annual Plan for _____ (your name in full)

January 1, _____ to December 31, _____ (or any other timeframe you prefer)

| | Life category | My view of my world today _____ (date) | My vision in three years _____ (date) | How easy or difficult will it be to achieve your vision? 1 = Very Easy 2 = Easy 3 = Not so difficult 4 = Difficult 5 = Very difficult | My goals for the next year _____ (date) |
|---|-----------------|-------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| | | | | | |
| 1 | Life category 1 | | | | |
| | | | | | |
| 2 | Life category 2 | | | | |
| | | | | | |
| 3 | Life category 3 | | | | |

| | Life category | My view of my world today _____ (date) | My vision in three years _____ (date) | How easy or difficult will it be to achieve your vision? 1 = Very Easy 2 = Easy 3 = Not so difficult 4 = Difficult 5 = Very difficult | My goals for the next year _____ (date) |
|----------|------------------------|--------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| | | | | | |
| 4 | Life category 4 | | | | |
| | | | | | |
| 5 | Life category 5 | | | | |
| | | | | | |
| 6 | Life category 6 | | | | |
| | | | | | |
| 7 | Life category 7 | | | | |

| | Life category | My view of my world today _____ (date) | My vision in three years _____ (date) | How easy or difficult will it be to achieve your vision? 1 = Very Easy 2 = Easy 3 = Not so difficult 4 = Difficult 5 = Very difficult | My goals for the next year _____ (date) |
|----|------------------|-------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| | | | | | |
| 8 | Life category 8 | | | | |
| | | | | | |
| 9 | Life category 9 | | | | |
| | | | | | |
| 10 | Life category 10 | | | | |

I am certain that if you follow the twelve-step process outlined in Part 1, you will make great progress in the next twelve months toward achieving these goals.

Don't Forget This Key Step:

At the end of each year, I block off time in my next year's calendar for all those items that are particularly important to me. This is a key step in achieving my goals. I schedule time off; time to exercise; time with family, including dinners and birthdays; time for prayer, meditation, and high holidays; time for daily, weekly, monthly, ninety-day, and annual planning; time for board and committee meetings; and time for anything else that I deem especially important to me. Therefore, the remaining time is available for work and other important activities, but not at the expense of the most significant things in my life. As long as I stick to this schedule reasonably, I am in balance. The moment I start cancelling important prescheduled "appointments," I know I am losing balance.

I use Microsoft Outlook to do this, as it allows me to schedule recurring items easily. Whether you use a fancy software program or handwrite events into a diary does not matter. **The key is to first schedule the most important things in your life in your calendar, and then let the rest be taken up with work and other commitments.** Try it: I have used this system very successfully for the last three years.

As you do so, you will find that many of the time slots that you have blocked off are very directly related to the goals you just defined. As for other goals that you may not have included in your schedule, don't worry—you will have the opportunity to do just that in Chapter 17.

Chapter 16: What Do You Plan to Achieve in the Next Ninety Days?

I have found it important to break down the goals I set for myself into bite-sized, ninety-day mini-goals. I also use this time to reflect on what I learned regarding what I did and did not achieve in the previous period. This knowledge becomes invaluable for the next ninety days and allows me to continually improve and make course corrections.

1. In Column A, list the life categories you defined earlier.
2. In Column B, list the Annual Goals you defined in Chapter 15.
3. In Column C, identify what you would like to achieve in the next ninety days in order to help you meet your annual goals.
4. In Column D, define the key task or tasks that will help you reach each milestone.

Chapter 16: 90 Day Plan for _____ (your name in full) - FIRST 90 DAYS

January 1, _____ to March 31, _____ (or any other timeframe you prefer)

| | Life category | Annual Goals | Define key milestones for the next 90 days | Define key tasks to achieve these milestones |
|---|-----------------|--------------|--------------------------------------------|----------------------------------------------|
| | | | | |
| 1 | Life category 1 | | 1 2 | 1 2 |
| | | | | |
| 2 | Life category 2 | | | |
| | | | | |
| 3 | Life category 3 | | | |
| | | | | |
| 4 | Life category 4 | | | |

| | Life category | Annual Goals | Define key milestones for the next 90 days | Define key tasks to achieve these milestones |
|---|-----------------|--------------|--------------------------------------------|----------------------------------------------|
| | | | | |
| 5 | Life category 5 | | | |
| | | | | |
| 6 | Life category 6 | | | |
| | | | | |
| 7 | Life category 7 | | | |
| | | | | |
| 8 | Life category 8 | | | |
| | | | | |
| 9 | Life category 9 | | | |

| | Life category | Annual Goals | Define key milestones for the next 90 days | Define key tasks to achieve these milestones |
|----|------------------|--------------|--------------------------------------------|----------------------------------------------|
| | | | | |
| 10 | Life category 10 | | | |

When you complete this exercise, share it with your close family and friends, and take the time to celebrate your many successes as they occur.

At the end of each ninety-day period, take stock of where you are and what you need to do for the upcoming period. This reflection will help you as you set the milestones and tasks for the upcoming period.

Chapter 16: 90 Day Plan for _____ (your name in full)

ONLY COMPLETE AFTER FIRST 90 DAYS, and for every 90 DAYS thereafter

April 1, _____ to June 30, _____ (or any other timeframe you prefer)

| | Life category | Key milestones for the last 90 days (DEFINE TIMEFRAME) | My achievements over the last 90 days compared to the milestones I set | What did I not achieve and why | Define key milestones for the next 90 days (DEFINE TIMEFRAME) | Key tasks to achieve these milestones |
|---|-----------------|--------------------------------------------------------|------------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------|---------------------------------------|
| | | | | | | |
| 1 | Life category 1 | | | | | |
| | | | | | | |
| 2 | Life category 2 | | | | | |
| | | | | | | |
| 3 | Life category 3 | | | | | |

| | Life category | Key milestones for the last 90 days (DEFINE TIMEFRAME) | My achievements over the last 90 days compared to the milestones I set | What did I not achieve and why | Define key milestones for the next 90 days (DEFINE TIMEFRAME) | Key tasks to achieve these milestones |
|---|-----------------|--------------------------------------------------------|------------------------------------------------------------------------|--------------------------------|---------------------------------------------------------------|---------------------------------------|
| | | | | | | |
| 4 | Life category 4 | | | | | |
| | | | | | | |
| 5 | Life category 5 | | | | | |
| | | | | | | |
| 6 | Life category 6 | | | | | |
| | | | | | | |
| 7 | Life category 7 | | | | | |
| | | | | | | |

| | Life category | Key milestones for the last 90 days (DEFINE TIMEFRAME) | My achievements over the last 90 days compared to the milestones I set | What did I not achieve and why | Define key milestones for the next 90 days (DEFINE TIMEFRAME) | Key tasks to achieve these milestones |
|-----------|-------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------|----------------------------------------------------------------------|----------------------------------------------|
| 8 | Life category 8 | | | | | |
| | | | | | | |
| 9 | Life category 9 | | | | | |
| | | | | | | |
| 10 | Life category 10 | | | | | |

Chapter 17: Monthly Plan

At the start of each month, take a few minutes to review your life categories and goals, and schedule chunks of time in your calendar for activities that will help you slowly but surely attain your goals. By doing so, you will find that you utilize your time optimally and minimize time-wasters.

I have found the format below to be particularly helpful. For each week, in each major area of your life or each major project that you may have underway, define the outcomes you would like to achieve. I have provided an example for one personal promise for one month that I hope will serve as a guide.

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 – _____ | Week 3 – _____ | Week 4 – _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

In Column A, list your Life Categories. Refer to your goals and the key milestones and tasks that you identified in Chapter 16 for the next three months. Break these key tasks down into smaller outcomes you would like to see yourself achieve each week.

Soon, just about everything you do will be focused on the goals you defined. The thousand and one distractions that lurk around every corner will be

easy to avoid, guilt-free. Even things that you “have to do,” if tied carefully to your purpose and goals, will suddenly have much more meaning.

At the end of each month, take a few minutes to answer the questions below. Your answers might just amaze you!

MONTHLY PLAN

From January 1 to January 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 – _____ | Week 3 – _____ | Week 4 – _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|-----------------------------|
| MONTHLY PLAN: End of month review | Month: January _____ |
|------------------------------------------|-----------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From February 1 to February _____, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|------------------------------|
| MONTHLY PLAN: End of month review | Month: February _____ |
|------------------------------------------|------------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From March 1 to March 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|---------------------------|
| MONTHLY PLAN: End of month review | Month: March _____ |
|------------------------------------------|---------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From April 1 to April 30, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|---------------------------|
| MONTHLY PLAN: End of month review | Month: April _____ |
|------------------------------------------|---------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From May 1 to May 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|-------------------------|
| MONTHLY PLAN: End of month review | Month: May _____ |
|------------------------------------------|-------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From June 1 to June 30, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|--------------------------|
| MONTHLY PLAN: End of month review | Month: June _____ |
|------------------------------------------|--------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From July 1 to July 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|--------------------------|
| MONTHLY PLAN: End of month review | Month: July _____ |
|------------------------------------------|--------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From August 1 to August 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|----------------------------|
| MONTHLY PLAN: End of month review | Month: August _____ |
|------------------------------------------|----------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From September 1 to September 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|-------------------------------|
| MONTHLY PLAN: End of month review | Month: September _____ |
|------------------------------------------|-------------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From October 1 to October 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY PLAN

From November 1 to November 30, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|------------------|----------------|----------------|----------------|----------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

MONTHLY and WEEKLY PLAN

From December 1 to December 31, _____

| | KEY GOAL AREAS | Week 1 - _____ | Week 2 - _____ | Week 3 - _____ | Week 4 - _____ |
|----|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | Life Category 1 | | | | |
| 2 | Life Category 2 | | | | |
| 3 | Life Category 3 | | | | |
| 4 | Life Category 4 | | | | |
| 5 | Life Category 5 | | | | |
| 6 | Life Category 6 | | | | |
| 7 | Life Category 7 | | | | |
| 8 | Life Category 8 | | | | |
| 9 | Life Category 9 | | | | |
| 10 | Life Category 10 | | | | |

| | |
|------------------------------------------|------------------------------|
| MONTHLY PLAN: End of month review | Month: December _____ |
|------------------------------------------|------------------------------|

1. What have I accomplished this month (my Wins!)

Celebrate/ Compare against intended results

2. What I intended to do but didn't get done, and why

Acknowledge any lack of success

What is the gift or blessing in not having accomplished what I set out to do?

3. What opportunities are available to me right now?

There are always opportunities available in this abundant world: sometimes, we just have to think hard

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

4. The Breakthrough Results I Supremely Intend to achieve this month

To get to your intended goal, it is essential that you make progress in small steps along the way. It is also important not to confuse activity with results. Yes, often activity precedes results, but keep your eye on the results you want to achieve, and try to make the results as big as possible. Think carefully about the words Breakthrough Results I Supremely Intend above.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

5. What do I promise myself to DO next month?

List the activities, and ensure that you have included them with as much as detail as possible below.

| | |
|-------|-------|
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |
| <hr/> | <hr/> |

Chapter 19: Seven Magical Questions to Bring Fulfillment to Each Day

DAILY JOURNAL – (Date: _____)

1. Today, I was happy when . . .

» _____
» _____
» _____

2. Today, I am grateful for . . .

» _____
» _____
» _____

3. Today, my most precious learnings were . . .

» _____
» _____
» _____

4. Today, my good deed was . . .

» _____
» _____
» _____

5. Today, what was important to me was . . .

» _____
» _____
» _____

6. Today, what I did to move me towards my goals was . . .

» _____
» _____
» _____

7. Tomorrow, I will achieve the following to make my life even more outstanding

» _____
» _____
» _____

Chapter 19: Seven Magical Questions to Bring Fulfillment to Each Day

DAILY JOURNAL – (Date: _____)

1. Today, I was happy when . . .

» _____
» _____
» _____

2. Today, I am grateful for . . .

» _____
» _____
» _____

3. Today, my most precious learnings were . . .

» _____
» _____
» _____

4. Today, my good deed was . . .

» _____
» _____
» _____

5. Today, what was important to me was . . .

» _____
» _____
» _____

6. Today, what I did to move me towards my goals was . . .

» _____
» _____
» _____

7. Tomorrow, I will achieve the following to make my life even more outstanding

» _____
» _____
» _____

Chapter 19: Seven Magical Questions to Bring Fulfillment to Each Day

DAILY JOURNAL – (Date: _____)

1. Today, I was happy when . . .

» _____
» _____
» _____

2. Today, I am grateful for . . .

» _____
» _____
» _____

3. Today, my most precious learnings were . . .

» _____
» _____
» _____

4. Today, my good deed was . . .

» _____
» _____
» _____

5. Today, what was important to me was . . .

» _____
» _____
» _____

6. Today, what I did to move me towards my goals was . . .

» _____
» _____
» _____

7. Tomorrow, I will achieve the following to make my life even more outstanding

» _____
» _____
» _____

Chapter 19: Seven Magical Questions to Bring Fulfillment to Each Day

DAILY JOURNAL – (Date: _____)

1. Today, I was happy when . . .

» _____
» _____
» _____

2. Today, I am grateful for . . .

» _____
» _____
» _____

3. Today, my most precious learnings were . . .

» _____
» _____
» _____

4. Today, my good deed was . . .

» _____
» _____
» _____

5. Today, what was important to me was . . .

» _____
» _____
» _____

6. Today, what I did to move me towards my goals was . . .

» _____
» _____
» _____

7. Tomorrow, I will achieve the following to make my life even more outstanding

» _____
» _____
» _____

Chapter 19: Seven Magical Questions to Bring Fulfillment to Each Day

DAILY JOURNAL – (Date: _____)

1. Today, I was happy when . . .

» _____
» _____
» _____

2. Today, I am grateful for . . .

» _____
» _____
» _____

3. Today, my most precious learnings were . . .

» _____
» _____
» _____

4. Today, my good deed was . . .

» _____
» _____
» _____

5. Today, what was important to me was . . .

» _____
» _____
» _____

6. Today, what I did to move me towards my goals was . . .

» _____
» _____
» _____

7. Tomorrow, I will achieve the following to make my life even more outstanding

» _____
» _____
» _____

Chapter 19: Seven Magical Questions to Bring Fulfillment to Each Day

DAILY JOURNAL – (Date: _____)

1. Today, I was happy when . . .

» _____
» _____
» _____

2. Today, I am grateful for . . .

» _____
» _____
» _____

3. Today, my most precious learnings were . . .

» _____
» _____
» _____

4. Today, my good deed was . . .

» _____
» _____
» _____

5. Today, what was important to me was . . .

» _____
» _____
» _____

6. Today, what I did to move me towards my goals was . . .

» _____
» _____
» _____

7. Tomorrow, I will achieve the following to make my life even more outstanding

» _____
» _____
» _____

Part 3

Chapter 21: The Life Quiz

Take the quiz below, then revisit it every six months

Date of quiz: _____

Name: _____

| | | Column 1 | Column 2 | Column 3 |
|----|--------------------------------------------------------------------------------|----------|----------|----------|
| | | Yes | No | Maybe |
| 1 | Have you clearly defined your purpose in life? | | | |
| 2 | Do you feel you are making a substantial difference in the world? | | | |
| 2 | Have you set huge goals with a long term (20 year) time horizon? | | | |
| 4 | Are you making easily measurable progress towards your goals? | | | |
| 5 | Do you spend most of your time doing the things you absolutely love doing? | | | |
| 6 | Do you plan your days and your life to achieve what is most important to you? | | | |
| 7 | Are you continually grateful for what you have/you are? | | | |
| 8 | Are you motivated each day to be the best person you can be? | | | |
| 9 | Do you pay regular, consistent attention to the people who matter most to you? | | | |
| 10 | Are you happy every day of your life? | | | |
| | Your score | | | |

7 or more ticks in Column 1 = You have many aspects of your life in great shape, and by focusing on the other areas a bit more, you can achieve an incredible life.

4-7 points in Column 1 = There are many aspects of your life that are in good shape, but you should consider paying much more attention to the items where you indicated "NO" or "MAYBE"

0-4 points in Column 1 = You have some heavy lifting to do before you feel satisfied with your life. *Keep ANY Promise* and the simple exercises here, if followed regularly, can help you significantly increase your satisfaction and happiness with your life.

Chapter 22: My Values

You might want to do the following exercise with a friend or loved one. You don't have to share the results of the exercise if you don't want to, but you will undoubtedly find it even more valuable if you do, since sharing the results will help you define your values even better. To gain maximum value, proceed step by step.

Step 1

1. Sit in a quiet room, close your eyes, and slow down your breathing.
2. Think about the *highest* point in your life. Think about what it felt like. What emotions did you go through? How did it truly feel? Think hard about every aspect of this high point in your life. What else did you experience? Take your time, do not rush. Open your eyes.
3. List the highest point in the chart below.
4. In Column A, list everything that went through your mind. Is there anything else that you can recall? Anything you want to add?
5. In Column B, reduce everything to one descriptive word per line.

Below is my list of emotions and thoughts when I was at the highest point in my life. I share them so that you have an example to help you.

| The highest point in my life was in January 2005, when I was at the top of Mt. Kilimanjaro. | | |
|----------------------------------------------------------------------------------------------------|----------------------------------------------------------|------------------------|
| | My thoughts and feelings at the highest point in my life | Summarized in one word |
| 1 | Overcoming what I never thought I could | Triumph |
| 2 | Very connected with nature | Awestruck |
| 3 | Vindication of health progress | Healthy |
| 4 | Incredible sense of accomplishment | Exhilaration |
| 5 | Purpose unfolding | Purposeful |
| 6 | Spiritually connected | Connected |
| 7 | Gratitude for the help I had received | Grateful |
| 8 | Not a quitter | Able |
| 9 | Dogged determination | Perseverance |
| 10 | Had the discipline to stick with the climb | Disciplined |

The **highest** point in my life was (describe in detail)

| | My thoughts and feelings at the highest point in my life | Summarized in one word |
|-----------|---------------------------------------------------------------------|-------------------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |
| 11 | | |
| 12 | | |
| 13 | | |
| 14 | | |
| 15 | | |
| 16 | | |
| 17 | | |
| 18 | | |
| 19 | | |
| 20 | | |

Step 2

1. Sit in a quiet room, close your eyes, and slow down your breathing.
2. Think about the *lowest* point in your life. Think about what it felt like. What emotions did you go through? How did it truly feel? Think hard about every aspect of this low point in your life. What else did you experience? Take your time, do not rush. Open your eyes.
3. List the lowest point in the chart below.
4. In Column A, list everything that went through your mind. Is there anything else that you can recall? Anything you want to add?
5. In Column B, reduce everything to one descriptive word per line.
6. In Column C, think of the opposite to that word. For example, if you experienced Sadness, the opposite would be Joy. Write it down.

Below is **my** list of emotions and thoughts when I was at the lowest point in my life. I share them so that you have an example to help you.

| | | | |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|----------------------------------|
| | The lowest point in my life was in early 2002, when I had no desire to live and wanted the deep physical and emotional pain in my life to permanently stop. | | |
| | My thoughts and feelings at the lowest point in my life | Summarized in one word | The opposite of this word |
| 1 | Spiritually disconnected | Disconnected | Connected |
| 2 | Alone and lonely | Alone | Embraced |
| 3 | No world contribution | Taker | Giver |
| 4 | Complete helplessness | Helplessness | Self-sufficient |
| 5 | Not understood | Misunderstood | Understood |
| 6 | No clear way out | Dead-end | Clarity |
| 7 | Deep physical pain | Painful | Pain-free |
| 8 | Highly stressed | Stressed | Calm |
| 9 | Anger with the world | Angry | Forgiving |
| 10 | Emotional pain | Hurt | Joy |
| 11 | Frequent sleeplessness | Sleeplessness | Restful |
| 12 | Altered state, by medication | Numb | Vibrant |
| 13 | Weak and debilitated | Weak | Strong |

| | | | |
|-----------|----------------------------------------------------------------|-------------------------------|----------------------------------|
| | The lowest point in my life was (describe in detail) | | |
| | _____ | | |
| | _____ | | |
| | My thoughts and feelings at the lowest point in my life | Summarized in one word | The opposite of this word |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |

Congratulations for being so honest with yourself.

From the list of values in the RIGHT column of Step 1 and those from the RIGHT column of Step 2, select a TOTAL of ten items that are most important to you, as guides for how to behave, or as components of a valued way of life. Put these in order of importance below.

My defining values

| | The ten most important values that define me are: |
|----|---------------------------------------------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

Is this an inspiring set of values? Do these values exemplify who you are at your best? Keep these wonderful values in front of you as you work on the next exercise.

Chapter 23: My Life Purpose

Your purpose statement should be broad, inspiring, and, hopefully, articulate the huge impact you would like to make during your lifetime. Why? Because each one of us can do so, as you learned from the twelve diverse role models in Part 1 of the book. In essence, defining your life purpose will help you unleash your true potential.

To start, think about three of your heroes and summarize their life purpose below.

| | Hero | Life purpose |
|---|------|--------------|
| 1 | | |
| 2 | | |
| 3 | | |

Next, write out the exact obituary *you* would like to represent your accomplishments at the end of your life. Be as specific as possible. What exactly would you want written about you to summarize your life? What would move, touch, and inspire the many friends, family, and strangers who will one day be reading your obituary?

| Obituary for (your name) _____ at the end of your life at age _____ |
|---------------------------------------------------------------------|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

Distill this down to 10, 20, 30, or 40 words that you can memorize and articulate at the drop of a hat. That is your life purpose. To help you, here is my own life purpose, arrived at through the same process: ***My purpose in life is to get ever closer to my Creator through sharing my wonderful blessings to make an extraordinary difference in the world.***

Complete the section below, then revisit it every six months for the next two years to refine it:

I am (your name) _____ and my life's purpose is:

While this is a great start, defining your purpose is not a simple matter, because you evolve and the world evolves—change is the only constant in our lives.

In the next exercise, you will define the first of your large, twenty-year goals and start tracking progress on one key goal. Through an iterative process, you will gain more and more clarity about your life's purpose and over time will likely come back and refine the life purpose you defined.

Chapter 24: My 20 year goals

Now that you have defined a clear purpose for your life, perhaps for the first time, it is important to make the attainment of your vision possible.

The best way I have found is to define three or four big twenty-year goals, so that you have a long-term framework to guide you. I highly recommend twenty-year goals because the long timeframe provides the freedom to think *big*. These goals can be whatever you wish, but they should be clear, measurable, and *huge*. After all, you have two decades to achieve these goals, so time is on your side!

My twenty-year goals are listed below to help you:

1. Provide the opportunity for five million (yes, *five* million) individuals to transform their lives in the way mine has been transformed.
2. Consult to twenty non-profits in order to help them make huge leaps in their goals and fulfill their missions more smoothly.
3. Make annual charitable contributions of at least 25 percent of profits.
4. Continue my personal transformation (in health and fitness, spirituality, emotions, mental outlook, personal attributes, generosity, volunteerism, and relationships).

| My outrageous, top three or four 20-year goals are . . . (make your goals as specific and measurable and as huge as possible, so you are left gasping when you share these goals with your family and friends) | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| 1 | <hr/> <hr/> <hr/> <hr/> |
| 2 | <hr/> <hr/> <hr/> <hr/> |

| | |
|----------|-------------------------|
| 3 | <hr/> <hr/> <hr/> <hr/> |
| 4 | <hr/> <hr/> <hr/> <hr/> |

Summary

It's time now to take the ten values you defined, your life purpose, and your top four goals and put them all together in a comprehensive manner, using the summary chart below. You will find that as you do so, you might need to make adjustments to either your ten values, your life purpose, or your top four goals so that they tie in to each other in a well-integrated manner. Feel free to do so.

| | | | | | | | | | |
|------------------------------------------|---|---|------------------------------------------|---|---|------------------------------------------|---|------------------------------------------|----|
| Insert life purpose here from Chapter 23 | | | | | | | | | |
| Insert 1 st 20 year goal here | | | Insert 2 nd 20 year goal here | | | Insert 3 rd 20 year goal here | | Insert 4 th 20 year goal here | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Insert top 10 values from Chapter 22 in the cells above

Chapter 25: My Top 50 Wishes

Let's define fifty wishes for your life. I promise you that the exercise below will make you think outside the box. Here are some questions for you to consider.

- Who would you love to meet?
 - Where would you like to travel?
 - What would you like to stop doing?
 - What fun or crazy things would you like to do?
 - What changes in the world would you like to be a part of?
 - How would you like to relate to your friends and family?
1. In Column A, list everything that you would love to do in your lifetime if you could. Don't worry about limiting factors such as time, money, and so on—just dream. And don't worry about order, timing, or priorities. Just let the ideas flow.
 2. In Column B, list the year in which you would like to accomplish these wishes.
 3. In Column C and for the next three years, list the month for each item.
 4. In Column D, list the current status of each item. Review this every ninety days. This will help you track your successes.

Don't worry if you can't think of fifty items that have meaning to you. This is a work in progress that you can update over time. Have fun listing these wishes and then actually seeing them come true in your life. I have listed some personal examples below to spur your thinking.

EXAMPLE

| | Column A | Column B | Column C | Column D |
|----|-------------------------------------------------------------------------|----------|----------|--------------------|
| # | 50 wishes | Year | Month | Status |
| 1 | Take a BMW driving course | 2008 | Nov | |
| 2 | Hike to Base Camp Everest | 2009 | | Trip being planned |
| 3 | Complete Grouse Grind in Vancouver in two hours | 2008 | March | |
| 4 | Cut a CD of recitations | 2008 | February | In progress |
| 5 | Visit my birthplace: Pemba, near Zanzibar, Tanzania | 2006 | March | Completed |
| 6 | Ride in a helicopter | 2006 | October | Completed |
| 7 | Sit perfectly still for half an hour in meditation | 2008 | June | In progress |
| 8 | See Aliya graduate from Wellesley | 2006 | May | Completed |
| 9 | See Amaan graduate from Georgetown | 2008 | May | Completed |
| 10 | Be a grandparent | | | |
| 11 | Own a dog | | | |
| 12 | Learn to salsa dance | | | |
| 13 | Fund 1,000 bedkits per year in 5 years (from 130 in 2006) | 2011 | June | In progress |
| 14 | Learn to swim properly | | | |
| 15 | See the Dalai Lama in person | 2007 | October | Completed |
| 16 | Learn Spanish at a conversational level | | | |
| 17 | Hike the Andes and see the Lost City of the Incas, Machu Picchu in Peru | 2007 | August | Completed |
| 18 | Register for Everest Base Camp hike in 2009 | 2008 | August | Incomplete |

| | Column A | Column B | Column C | Column D |
|----|-----------|----------|----------|----------|
| # | 50 wishes | Year | Month | Status |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| 16 | | | | |
| 17 | | | | |
| 18 | | | | |
| 19 | | | | |
| 20 | | | | |
| 21 | | | | |
| 22 | | | | |
| 23 | | | | |
| 24 | | | | |
| 25 | | | | |
| 26 | | | | |
| 27 | | | | |
| 28 | | | | |
| 29 | | | | |
| 30 | | | | |
| 31 | | | | |
| 32 | | | | |
| 33 | | | | |
| 34 | | | | |
| 35 | | | | |
| 36 | | | | |
| 37 | | | | |
| 38 | | | | |
| 39 | | | | |
| 40 | | | | |

| | Column A | Column B | Column C | Column D |
|----|-----------|----------|----------|----------|
| # | 50 wishes | Year | Month | Status |
| 41 | | | | |
| 42 | | | | |
| 43 | | | | |
| 44 | | | | |
| 45 | | | | |
| 46 | | | | |
| 47 | | | | |
| 48 | | | | |
| 49 | | | | |
| 50 | | | | |

If you started or completed this list, well done! How did it feel listing these wishes? If you are feeling adventurous, you might wish to put together a fifty-slide PowerPoint presentation: one slide with relevant pictures and/or text for each wish. See if you can make these fifty images into a screen saver for your desktop or laptop, so you constantly see these wishes. Visualization is really powerful in helping you achieve your goals. As these wishes come true, you can replace the image that you use to visualize with one that depicts your actual accomplishment!

Having had what I hope is a lot of fun (with lots of crazy ideas that you might never have imagined until now), in the next exercise let's look at how you can go about attracting what you want.

Chapter 26: How Can I Attract What I Want?

The more vividly we can picture our goals, the greater the chances we will achieve what we desire. While the process of goal-setting outlined in this inspirational guide is in many ways a linear one, many of us are right-brained, emotional thinkers. So enjoy the exercise below. You will create an Attraction Board that allows you to put in pictures that which you have expressed so far in words.

1. Have your three-year goals and Fifty Wishes lists in front of you.
2. Gather a large pile of glossy magazines that you enjoy.
3. Go through these and snip images or headline text that relate in some way to your goals. (For example, if your goal is to be retired as a couple at fifty and lead an active physical life, then you might wish to find a picture of a healthy, vibrant couple walking on the beach, hiking, etc. If your goal is to spend a month exploring one of twenty different countries in each of the next twenty years, then you might wish to collect images from each of these countries.)
4. Take a large poster board or large sheet of paper and start pasting the images and text in a manner that distinguishes one goal from another.
5. Fill up the entire large page, and then hang this up somewhere prominent where you and others will see it.
6. Sit down with your Attraction Board annually, as you examine your three-year goals.
7. Every three years, repeat this exercise—you will be amazed at how much you achieve.
8. To maximize your fun, do this with a group (family, friends, or coworkers); each person completes his or her own Attraction Board.

If you can dream it, if you can visualize it, you *can* achieve it.

Chapter 28: My top 10 fears

Please list your top ten fears in Column A below. In Column B, note how these manifest themselves in your life, which you may correlate with either the beliefs or behaviors that you observe.

| | My predominant fears are: | These fears show up in the following ways in my life (list beliefs you hold or behaviors you observe) |
|----|---------------------------|-------------------------------------------------------------------------------------------------------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
| 10 | | |

By completing this exercise, you have taken a very important first step in dealing with fear: defining what you fear and beginning to understand how that fear might be showing up in your life.

As you complete each of the ten items below, you will discover that you *do* have control over your fears and that you *can* control them and not let fear dominate your life anymore.

Embracing my fears

1. **The fear I am embracing is** _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

2. **The fear I am embracing** _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

3. The fear I am embracing _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

4. The fear I am embracing is _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

5. The fear I am embracing is _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

6. The fear I am embracing is _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

7. The fear I am embracing is _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

8. The fear I am embracing is _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

9. The fear I am embracing is _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

10. The fear I am embracing is _____

My **beliefs** related to this fear are:

My **behaviours** stemming from these beliefs are:

Since I have complete control over my behaviours, I promise myself I will make the following changes:

When you choose to adopt a much more empowering belief system than you have had in the past, you will find that your behaviors change, that the freedom you gain from embracing and leveraging your fears allows you much greater freedom, and that you start making changes in your life, big and small. As you make these changes, the results you get will change, too. This is a universal truth, so go ahead and try it: changing your thinking about your fears *will* change your life.

Chapter 29: My Daily Affirmations

Below are some sample affirmations – feel free to use these or come up with your own.

1. "All I need is within me now."
2. "Every day, in every way, I'm getting stronger and stronger."
3. "The world's abundance is here to serve me."
4. "I am joy and joy flows through me."
5. "I love my life, and I am so blessed."
6. "Wealth is circulating in my life. I have abundance."
7. "All my needs, desires, and goals are met and I give thanks."
8. "My body moves and it serves me. I am strong. I am capable."
9. "I expect nothing. I cherish silence."
10. "I trust my purpose to guide me to the right decisions."
11. "I feel completely supported in whatever I am doing."
12. "I embrace this moment, and cherish it, for I am free of my past: it is gone, forever."
13. "I can exceed any challenge I set out to conquer."

Please list your affirmations below

| | My key daily affirmations are: |
|----|--------------------------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

Chapter 30: What's the Next Step?

You've been on quite a journey of discovery through this book, as you've read the inspirational stories and worked through the many worksheets. After completing Part 1 of the book, I hope that you have mastered the twelve steps to thinking about any goal and that this is now second nature. Achieving goals is key to keeping your promises!

I hope that you have been able to take the concepts in Part 2 and integrate them into your life, so that there is a rhythmic pattern of movement and progress on your goals each day, week, month, quarter, and year. And after completing the demanding exercises in Part 3, I hope you have a much clearer vision for your life. Most important, what have you learned about yourself? I hope above all else, you have learned that you, too, can achieve any dream, accomplish any goal, and keep any promise. You, too, can let your light shine to illuminate the world.

The key to sustained and ever-increasing progress is to consistently follow a simple system. I have outlined three key initial steps below:

1. If you have not yet completed the worksheets, you owe it to yourself to go back and do so soon. Very soon. Or you may well face a lifetime of continued broken promises. Wouldn't that be awful, especially when the alternative is so much more attractive and so attainable?

2. Schedule key planning phases. Whether you use a paper method or Microsoft Outlook or any other computer-based calendar, set time aside (now) in your calendar for thinking about and developing:
 - a. An annual plan (five-hour appointment with yourself per year)
 - b. A ninety-day plan (two-hour appointment per quarter)
 - c. A monthly plan (two-hour appointment per month)
 - d. A weekly plan (half-hour appointment per week)To put it in perspective, this amounts to about sixty hours spread out over the year, about half of one percent of your time per year. Surely your life is worth this much planning and reflection time? Book these appointments into your calendar now. Think of these as your most critical appointments of the year, ones that you commit to keeping no matter what your circumstances.

3. Reserve ten minutes each day to maintain your Daily Journal; ask yourself the seven magical questions in Chapter 19. If you find you need additional assistance with thinking through some of these life-changing

materials and concepts and in sustaining changes in your life, here are some options you should strongly consider.

- Participate in a two-day Life Makeover seminar or eight-week online seminar with me. I guarantee that you will come away with an incredible blueprint for your life that will help you soar, or we will refund your full fee. Just use the code below at www.KeepAnyPromise.com/lifemakeover to obtain a deep discount.
- Become an affiliate and help us get the word out to thousands of people so that their lives may be enriched. To do so, simply join our generous affiliate program at www.KeepAnyPromise.com/affiliates. I know that everyone you refer who orders a book, an e-book, or the audiobook, or who participates in the Life Makeover will thank you for your help. In addition, you could earn thousands of dollars in affiliate revenue each year.

I pledge that 25 percent of the profits from book sales, e-book sales, audiobook sales, seminars and webinars, and teleseminars at www.KeepAnyPromise.com will be donated to registered charities around the world. So join me in helping make a difference in the lives of many people and causes.

I wish you a lifetime of tranquility, success, good health, and happiness.

In gratitude,

Karim H. Ismail

SPECIAL BOOK CODE: 7861234A

use it at www.KeepAnyPromise.com