

# Life Goals and Plan Guide

# Plan your work and work your plan

I truly believe that any and everything you want to achieve is not only attainable, but it is inside you. No one can tell you who or what you can be. Whatever you desire is in your mind and heart. It is your passion and purpose. This an example of how I set my goals and my plan to achieve them. I started my first goal and plan guide at 21 after my grandmother passed. All kinds of things were going wrong in my life and I needed structure No matter where you are in life, you can set new goals and strive for greater. This is a sample of my first goal and plan guide. Print out the blank GOAL AND PLAN GUIDE and begin today.

## Goals

First, you have to write down how old you will be 3, 5, and 10 years from now. This will help you create a realistic set of goals for your life. Make them big, yet realistic based on where you are now.

\*Some goals may move. For example you may want a house in 3 years, but it may be 4 or even 5 years before you get it. Don't get discouraged. As long as you are moving towards your goals, that's all that matters. You may also, double up or achieve a 5 year goal in 3 years. For example, I wanted a new car in 3 years. I was able to get 2 new cars in 5 years time.

## Plans

For each one of your goals, you need small attainable steps to reach them. You may know some, but not all the steps. RESEARCH! There is no lack of resources. There are no excuses in the information age! Google and YouTube should be your first steps to gain clarity and direction. You can literally type in "HOW TO START A PODCAST," or "HOW DO I BECOME A DOCTOR/NURSE.' The results will be astronomical.

## Mentors

YOU MUST IDENTIFY MENTORS! You can find a friends parent, an old teacher/professor, a friend of the family, anyone! I do recommend that you ask them to mentor you. You may be surprised that they may be excited to help or even know someone else that may be an even greater resource. They do not necessarily have to be people that you know either. For instance, Magic Johnson and Gary Vee are 2 of my favorite mentors. AND I DON'T EVEN KNOW THEM! I read their books, follow them on social media, and watch as many of their interviews on YouTube as I can. Do not let anything stop you from getting knowledge from others! Mentors are one of your greatest assets in attaining your goals.

3 YEAR GOALS

Age in 3 years

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5 YEAR GOALS

Age in 5 years

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10 YEAR GOALS

Age in 10 years

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3 month plan

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6 month plan

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12 month plan

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## Mentors

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