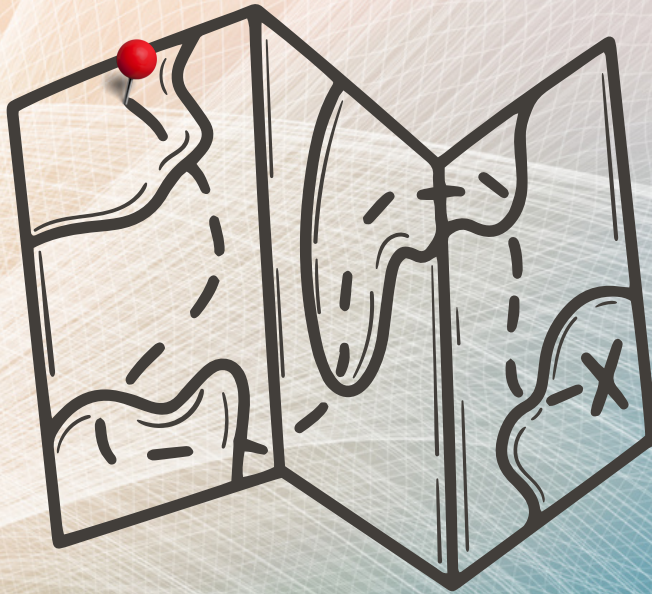


2024

Roadmap

ARE YOU READY TO TAKE CHARGE OF THE NEW YEAR?



2024

ROADMAP

Why?

In 2016, I sought guidance from my wife, Trang, on how to improve myself. Her answer was simple yet profound: "Health." This led me to focus on my fitness and adopt the Five F's as my life priorities. My newfound passion inspired me to create FitFam, a free outdoor fitness community.

Two years later, I hosted a "Mindset Reset" 3 Hour Retreat, which included activities such as Vulnerability, Reflection, Visualization, Book Suggestions, and Setting a Theme Word. Creating a theme word has been a game-changer for me, allowing me to be more intentional and creative in my goal-setting each year.

In 2023, I experienced tremendous personal growth, with "Light" as my theme word. My priorities were communicating with grace, showing compassion with accountability, and taking better care of myself. I lived by the values of being interested, worldly, and connected, which I shared with my executive team of energy, awareness, and trust. Through asking great questions and interacting with amazing people, I learned so much.

If you're seeking inspiration and direction, I encourage you to ask yourself thought-provoking questions that will guide you towards your dreams and aspirations. I believe that with curiosity, faith, and perseverance, the best is yet to come. Allow me to help you unlock your full potential and find the path to success that's right for you.

2024 ROADMAP

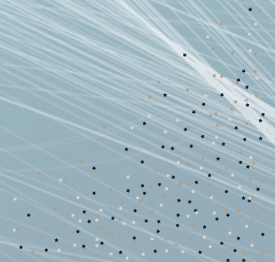
Description

Ah, 2023, what a ride!

It had its ups and downs, but it sure made us do some serious soul-searching.
This roadmap has two pit stops.

First, let's take a moment to reflect. This section will help us pinpoint those aha moments that brought us joy and growth. Then, let's shift gears to the next lap, the part where we chart our course forward. This area opens the door to new possibilities and helps us steer our personal growth where we need it most.

Buckle up, y'all!



PUTTING DOWN ON PAPER WHAT MATTERS MOST.

Exploring Your Subconscious: A Guided Exercise

To begin, set a timer for ten minutes.

First, jot down a list of what you hope to achieve by
completing this roadmap.

Next, consider what a critical outcome would look like
that would signify success by the end of the year.

CLEAR YOUR MIND: A SIMPLE EXERCISE TO SPARK CREATIVITY

The following exercise will help you clear your mind and generate new ideas in just a few minutes:

Set a timer for five minutes.

Find a quiet place to sit comfortably and close your eyes.

Take a deep breath and exhale slowly.

Focus on your breath and let it guide you.

Your mind may wander, but gently bring it back to your breath.

This gentle breathing exercise will help you center yourself, embrace humility, and create space for fresh ideas to emerge.



2023

NOW THAT YOU'VE RANKED HOW YOU FEEL IN THESE CATEGORIES,
USE YOUR ANSWERS TO HELP WITH THE FOLLOWING QUESTIONS:

What are 3 accomplishments that happened this year?

What are 3 challenges?

Who are you grateful for this year?



2023

"WE DON'T SING BECAUSE WE'RE HAPPY, WE'RE HAPPY BECAUSE WE SING."

Past year's travels and the Memories They Hold

List the Best Memories from Your Photo Album

FIVE F'S (REFLECTION)

"Looking back so that the view looking forward is even clearer"

2023

REFLECT BACK ON THIS YEAR.
CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL. EXPLAIN WHY

(EMPTY) 1 | 2 | 3 | 4 | 5 | 6 | X | 8 | 9 | 10 (FULL)



FAMILY

WHY:

(MEH) 1 | 2 | 3 | 4 | 5 | 6 | X | 8 | 9 | 10 (LOVE IT)



FITNESS

WHY:

(EMPTY) 1 | 2 | 3 | 4 | 5 | 6 | X | 8 | 9 | 10 (FULL)



FAITH

WHY:

This category can be Religious, Mental, or Spiritual:

7'S HAVE BEEN OMITTED FOR A MORE HONEST AND ACCURATE ANSWER. .

FIVE F'S (REFLECTION)

"REFLECTION PROVIDES DIRECTION"

2023

CIRCLE THE NUMBER THAT BEST DESCRIBES HOW YOU FEEL.
EXPLAIN WHY.

(EMPTY) 1 | 2 | 3 | 4 | 5 | 6 | x | 8 | 9 | 10 (FULL)



FRIENDS

WHY:

(SCARED) 1 | 2 | 3 | 4 | 5 | 6 | X | 8 | 9 | 10 (PREPARED)



FINANCE

WHY:

(EMPTY) 1 | 2 | 3 | 4 | 5 | 6 | x | 8 | 9 | 10 (FULL)



HOBBY

WHY:

2023

Call em L.I.E.S (Limited Ideas Entertained)
that become part of your B.S. (Belief System)

- Jim Kwik

or

Call em A.N.T.S. (Automatic Negative Thoughts)

- Doc Amen

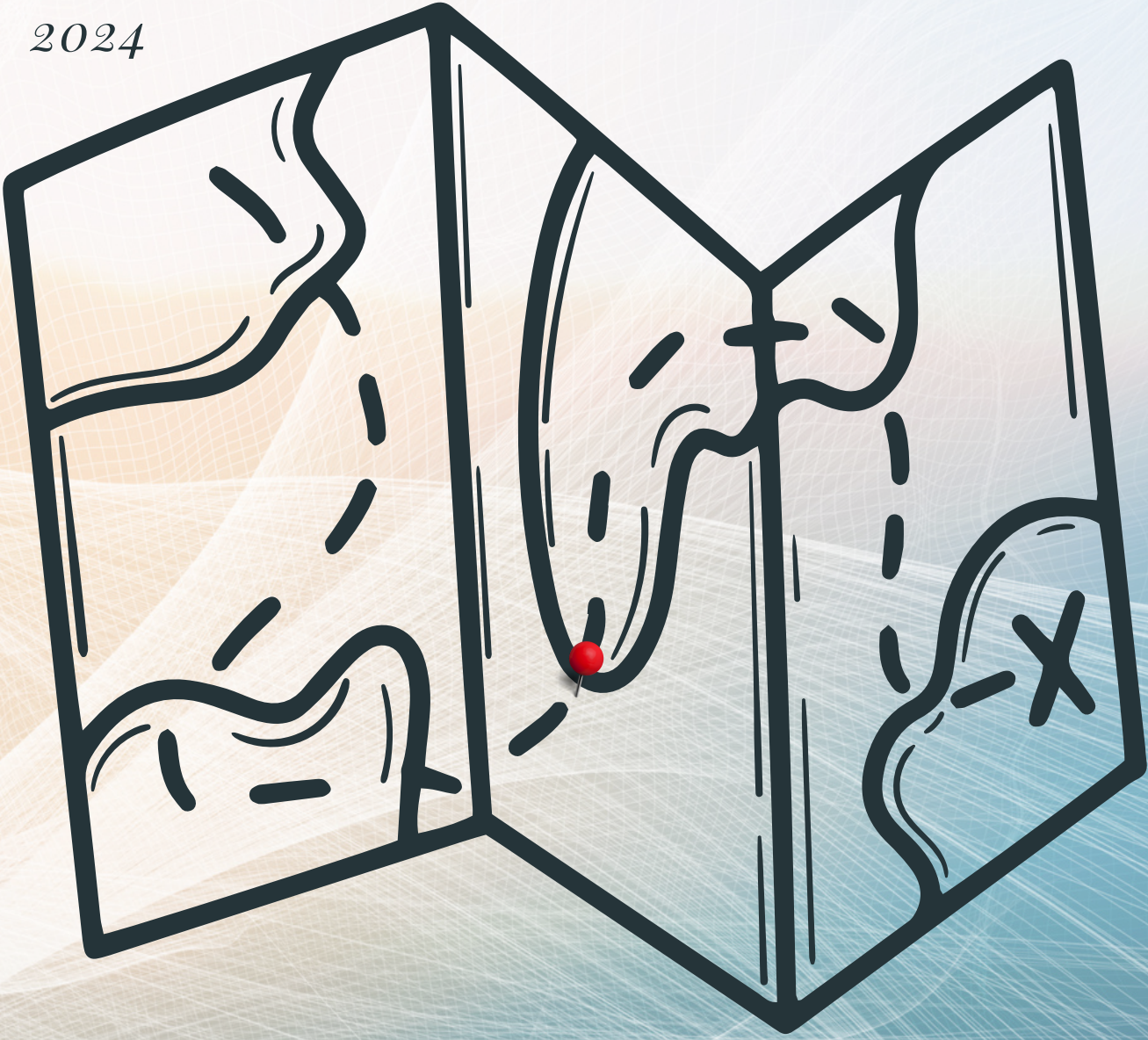
BE MINDFUL OF WHAT YOU SAY TO YOURSELF.

Write down any limiting beliefs that have occurred this year.

What are your top 3 lessons of the year?

Looking back, how would you
put this year into one word?

2024



2024

MOTIVATION

MOTIVATION IS NOT A MYTH.

Jim Kwik's Motivation Formula = {p x e x s3}

purpose

when you know your why, what you have to do is easy.

energy

sleep, nutrition, exercise

s3

simple small steps

On purpose: What really gets your heart pumping and your soul soaring in this wild ride we call life?

My key strengths include maintaining a healthy sleep schedule, proper nutrition, and sticking to a consistent exercise routine.
True or False? Why?

Jot down your next simple small step for conquering the work mountain!

2024

DISCIPLINE

“NOTHING’S HARD, ONLY STEPS UNDEFINED.” - JAMES CLEAR

IT TAKES 21 DAYS TO BUILD A HABIT
UP TO 3 MONTHS TO MAKE IT A REALITY.

AT FIRST IT FEELS LIKE CHANGE, LEARNING, AND GROWTH.
SUDDENLY, IT BECOMES A PART OF WHO YOU ARE.

Increase the probability of success with these 6 criteria:

frequency - how many times a week

duration - how long

time of day - when

location - where

accountability - who will help keep you on track

reward - make it fun, treat yourself

Generating Ideas for New Habits or Hobbies

Are you interested in developing new hobbies or habits in your life?
Spend five minutes jotting down any ideas that come to mind.

2024

RULES OF ENGAGEMENT

Based on lessons; and word that described 2023...
List simple agreements you will make with yourself, to advance growth.

1. *What are your Rules for 2024? (Ex: Listen more, before speaking.)*

A.

B.

C.

VALUES

Wherever you go, there you are.

This exercise helps to identify what matters most to us.
Let's bring our best self to the space we embrace!

Who?

HELLO
MY NAME IS

I am

Choose three words that describe the person you are becoming in 2024:.

Use Values Guide on following page.

VALUES GUIDE

STEP 1
CIRCLE TOP 10 WORDS
(3 MIN)

Integrity
Compassion
Trust
Gratitude
Kindness
Generosity
Acceptance
Openness
Connection
Honesty
Forgiveness
Humility
Patience
Loyalty
Empowerment
Mindfulness
Perseverance
Flexibility
Optimism
Understanding
Accountability
Respect
Authenticity
Selflessness
Appreciation
Resilience
Courage
Vulnerability
Love
Self-compassion

STEP 2
PLACE ASTERICK BY
TOP 5 WORDS (2 MIN)

Self-awareness
Balance
Growth
Empathy
Self-care
Harmony
Adaptability
Diligence
Grace
Encouragement
Joy
Serenity
Grace
Unity
Cooperation
Curiosity
Decisiveness
Independence
Resourcefulness
Sincerity
Friends
Wisdom
Family
Belonging
Contribution
Dedication
Hope
Initiative
Innovation
Justice

STEP 3
UNDERLINE
TOP 3 WORDS (1 MIN)

Leadership
Meaning
Moderation
Nurture
Peace
Rationality
Self-discipline
Stability
Thoughtfulness
Uniqueness
Vision
Altruism
Clarity
Discipline
Freedom
Happiness
Imagination
Motivation
Open-mindedness
Passion
Quality
Reliability
Self-improvement
Strength
Teamwork
Health
Adventure
Boldness
Commitment
Determination

FIVE F'S (DIRECTION)

"IF YOU CAN STATE IT, YOU CAN CREATE IT!" - MEL ROBBINS

WHAT IS THE ONE THING YOU WANT TO IMPROVE IN EACH CATEGORY?
INCLUDE THE STEPS THAT WILL HELP YOU ACHIEVE THIS GOAL.



FAMILY



FITNESS



FAITH

FIVE F'S (DIRECTION)

“THOUGHTS BECOME WORDS THEN ACTIONS!”

TRY PICKING ONE OR TWO OF THE FIVE F'S EACH QUARTER.
“WE CAN DO ANYTHING BUT NOT EVERYTHING.”



FRIENDS



FINANCE



HOBBY

2024

**GETTING FEEDBACK
"IT'S HARD TO SEE FROM OUTSIDE THE PICTURE FRAME."**

Improving as a (Team Member, Friend, Student, Parent, or Spouse):
One Essential Thing to Focus On

Team Member

Friend

Student

Parent

Spouse

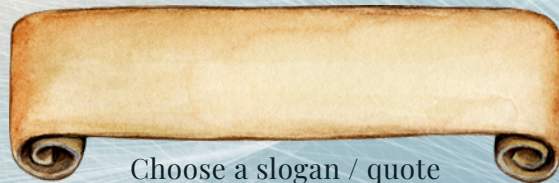
Sound and Energy

**Sound is made by vibrations.
When put together, sounds make music.**

**Words are also sounds; and when spoken, create
vibrations that make who we are.**



Choose a Theme Word.
This will be your north star throughout the year.



Choose a slogan / quote
to match your Theme word.

[Empty rectangular box for writing a slogan or quote]

2024

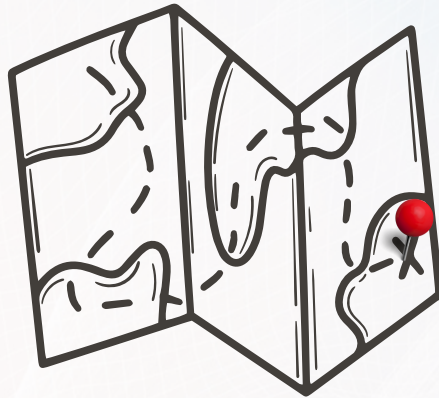
"The new year stands before us, like a chapter in a book, waiting to be written."
— Melody Beattie

Exciting Travel Destinations to Visit in 2024

Exciting Goals for 2024: The Ultimate Bucket List



2024 "ONE PAGE" ROADMAP



Theme Word

Slogan

Feedback

Feedback

Value 1

Value 2

Value 3

Rule 1

Rule 2

Rule 3

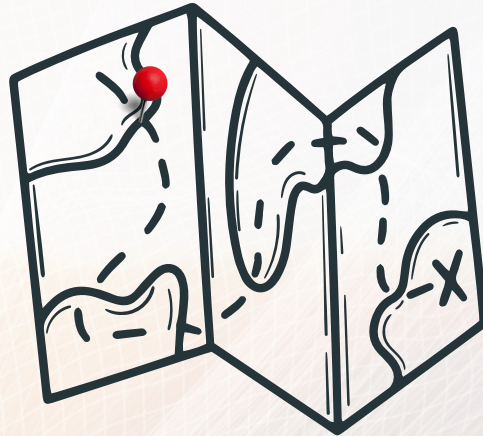
2024 QUARTERLY GOALS

CONSISTENCY BUILDS MOMENTUM.

IT TAKES 21 DAYS TO BUILD A HABIT; AND UP TO 3 MONTHS TO MAKE IT A REALITY.

AT FIRST IT FEELS LIKE CHANGE, LEARNING, AND GROWTH.

SUDDENLY, IT BECOMES A PART OF WHO YOU ARE.



MORNING ROUTINE:

(Circle all that apply)

Read

Exercise

Meditate / Pray

Write / Journal

INTENTION:

Places to Visit:

People to See:

Q1

Circle One:

Family

Fitness

Faith

Friends

Finance

Fun

What are the agreements you will make to reach this goal?

frequency

location

duration

accountability

time of day

reward

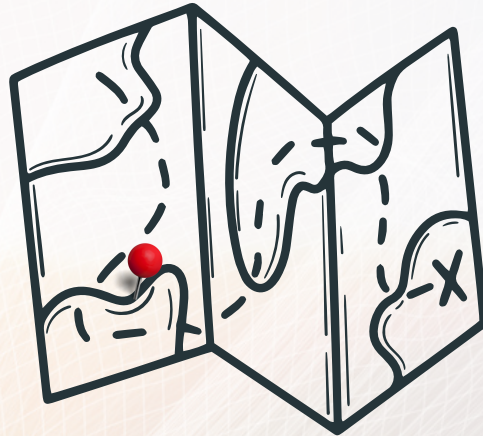
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MORNING ROUTINE:

(Circle all that apply)

Read

Exercise

Meditate / Pray

Write / Journal

INTENTION:

Places to Visit:

People to See:

Q2

Circle One:

Family Fitness Faith Friends Finance Fun

What are the agreements you will make to reach this goal?

frequency

location

duration

accountability

time of day

reward

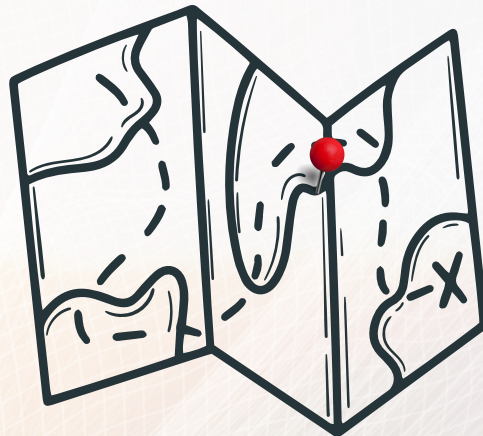
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MORNING ROUTINE:

(Circle all that apply)

Read

Exercise

Meditate / Pray

Write / Journal

INTENTION:

Places to Visit:

People to See:

Q3

Circle One:

Family Fitness Faith Friends Finance Fun

What are the agreements you will make to reach this goal?

frequency

location

duration

accountability

time of day

reward

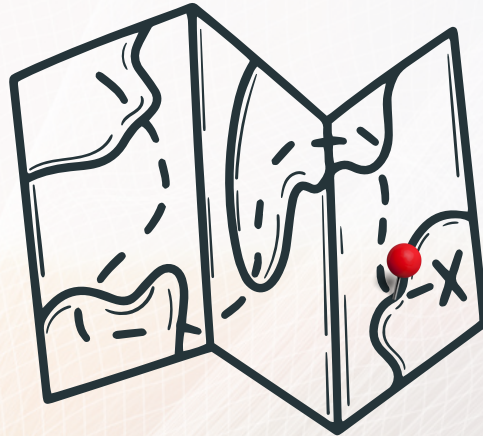
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MORNING ROUTINE:

(Circle all that apply)

Read

Exercise

Meditate / Pray

Write / Journal

INTENTION:

Places to Visit:

People to See:

Q4

Circle One:

Family

Fitness

Faith

Friends

Finance

Fun

What are the agreements you will make to reach this goal?

frequency

location

duration

accountability

time of day

reward

2024

ROADMAP



Embarking on a Journey of Self-Discovery

I appreciate you joining me on this journey of exploration and growth. Our world is full of uncertainty and anxiety, so we must carefully choose what we allow into our hearts and minds. It's important to start each day with gratitude and cultivate relationships based on mutual respect. Together, we are a force to be reckoned with.

Discovering Yourself and Others

As you learn more about yourself in 2024, take the time to understand the goals and values of those around you. When your aspirations align with those of others, you can achieve shared vision. And when united in purpose, the possibilities are endless.