

**Converting your dreams into life goals and making them actionable.**

This can be applied to every area of your life!

- 1) Take all the ACTIONABLE items from your list of dreams and record them. These are your life goals.
- 2) Of these life goals, what will be achieved within the next year (not necessarily completed, think milestones)
- 3) Of these annual goals, what will be completed in the next 90 days
- 4) Of these 90 day goals, what will be completed in the next 30 days
- 5) Daily goals! Each morning, write at least one thing from your 30 day goals that you will achieve today

**Top 5 to 10 Life Goals (Not just the target, but also the journey):**

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**One year goals (target one year from today):**

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**90 day goals (target 3 months from today):**

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**30 day goals (target the end next month):**

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**Daily goals (target what you will do tomorrow including how, where and when you'll do this work):**

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