



Be Do Have

1. Write down all the things you want to be, do and have in 3 columns.
2. Write a sentence for each on why you want to be, do, have them - if you can't, take them off the list.
3. Decide which areas of your life are the priorities, eg family, finances, business, emotional health, physical health.
4. Go back to your goals and consider if each will add to your priority life areas - if any don't, take them off the list.
5. Prioritise your top 10 remaining goals and think more about what achieving them will mean to you - why they're important and what you'll be thinking and feeling once you've achieved each.
6. Create 3 new columns - short term (up to a month), medium term (1 month to 1 year) and long term (over a year). Consider how they align and which short and medium term goals support your longer term goals.
7. What are you prepared to do to achieve each of your goals? What support and resources do you need?
8. Put them into a timeline, longest-term first and think about what it is that you need to start today to get to those goals? What is your first step?