



Authentic. Meaningful. Lasting.

Reaching Your Goals: Transforming thought into IMMEDIATE action¹
Work in 6 to 12 month periods. (If applicable cost should be what it would take per month.)

In _____ months I dream of...

Being/Achieving/Doing:

What you can do today:

1. _____
2. _____
3. _____
4. _____

TOMORROW:

1. _____
2. _____
3. _____
4. _____

This week/month:

1. _____
2. _____
3. _____
4. _____

Being/Achieving/Doing:

What you can do today:

1. _____
2. _____
3. _____
4. _____

TOMORROW:

1. _____
2. _____
3. _____
4. _____

This week/month:

1. _____
2. _____
3. _____
4. _____

Being/Achieving/Doing:

What you can do today:

1. _____
2. _____
3. _____
4. _____

TOMORROW:

1. _____
2. _____
3. _____
4. _____

This week/month:

1. _____
2. _____
3. _____
4. _____

¹ Format adapted from Timothy Ferriss "Dreamline"