

My Life Vision

Mind Body Reset Gym



Vision by Year

20 years:

10 years:

5 years:

2 years:

Success Predictors

On a scale of 1-10, how much do you BELIEVE you can reach your vision? _____

On a scale of 1-10, how MOTIVATED are you to reach your vision? _____

In the Past, Which of these has Sabatoged Me?

- Entitlement
- Low Motivation
- Fear of Failure/ Success
- Safty in Known vs Unknown
- Power Struggles with "Shoulds"
- Distractions
- Avoidance
- Other: _____

What are my Strengths

1.

2.

3.

What are my Challenges

1.

2.

3.

First Year Goals Specific Outcomes

One Year:

3 Months:

9 Months:

2 Months:

6 Months:

1 Month: