

## LIFE PLANNER

This life planner is designed for you to use while you work through Coach Yourself to Success. Edit it as you see fit and make copies to compare your progress over time. Add to this your homework for each week.

My Big Goal for the Year is:

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It is often helpful to break our big goals into smaller goals. This helps use feel less overwhelmed and makes reaching the big goal more attainable. Using the space below, list out the intermediate steps you need to complete that will help set you on the path toward reaching your big goal for the year. Add more steps if you need to. It is also helpful to add a deadline by which to complete these steps. This helps keep you on track. If you miss a deadline, ask yourself what the real reason is that you missed the deadline. Is it that the goal isn't necessary or is it something that you don't really want to do? If so, revise the goal

Steps to take to reach my Big Goal:	Date for completion:
1. <hr/>	<hr/>
2. <hr/>	<hr/>
3. <hr/>	<hr/>
4. <hr/>	<hr/>
5. <hr/>	<hr/>
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8. <hr/>	<hr/>
9. <hr/>	<hr/>
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12. <hr/>	<hr/>

Steps to take to reach my Big Goal:	Date for completion:
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## LIFE PLANNER

### My Top 4 Needs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### People to Help Me Meet My Needs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Ways I Can Meet My Needs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### My Top 4 Values

- \_\_\_\_\_
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_

### Clean Sweep Score

### Date

_____
_____
_____
_____
_____

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_____
_____

## LIFE PLANNER

### Issues to Resolve:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

### Things to Let Go

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

### Adventures I Want to Take:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

### Things I Want to Learn:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

### Projects:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

## PETTY ANNOYANCES ELIMINATED TO DATE

1.	26.	51.	76.
2.	27.	52.	77.
3.	28.	53.	78.
4.	29.	54.	79.
5.	30.	55.	80.
6.	31.	56.	81.
7.	32.	57.	82.
8.	33.	58.	83.
9.	34.	59.	84.
10.	35.	60.	85.
11.	36.	61.	86.
12.	37.	62.	87.
13.	38.	63.	88.
14.	39.	64.	89.
15.	40.	65.	90.
16.	41.	66.	91.
17.	42.	67.	92.
18.	43.	68.	93.
19.	44.	69.	94.
20.	45.	70.	95.
21.	46.	71.	96.
22.	47.	72.	97.
23.	48.	73.	98.
24.	49.	74.	99.
25.	50.	75.	100.