



**IT DOESN'T
MATTER
HOW
SLOW YOU
GO**

SO LONG AS YOU DON'T STOP

5 QUESTIONS TO HELP YOU FIGURE OUT YOUR NEXT BIG THING

- 1. Where Are You Now?**
- 2. What Are Your 90-Day Goals?**
- 3. What Are Your Ambitions?**
- 4. What Are Your Fears?**
- 5. What's On Your Bucket List?**

Today's Date:

Income Goal:

Health Goal:

Charitable Goal:

DOUBLE YOUR PURPOSE EXERCISE

Get crystal clear about where you are now, and where you'd like to be 90 days from now. This can include Health, Wealth, Career, Relationship, Spiritual, any area of your life you'd like to focus on right now.



One Day, I Want To

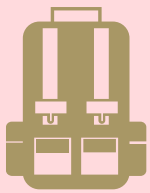
A PERSONAL JOURNAL

Writing about your ambitions is a great way to keep yourself inspired and motivated whether it be a dream you had since childhood or something that you thought about just recently. First, write what it is, then why it's important, and finally, an idea of how it could possibly happen. Have fun with the last paragraph, it's not a plan as much as a creative exercise.

WHAT AM I SCARED OF?

CAN YOU CLEARLY CONVEY YOUR FEARS?

Immerse in your emotions and explain your biggest fear. Is it dying alone or being unsuccessful in your career? Or is it simply public speaking or a fear of rejection? Whatever it is, write about your greatest fear in no more than 100 words.



MY BUCKET LIST



Share five things you'd like to try before you reach a certain age. Explain why you want to do these activities, who you want to do them with, and the emotions you could experience while doing them.

1

2

3

4

5
